

Middle School Breakfast Menu

February 2017

side items

side items

Egg and Cheese Sandwich

Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

side items

Fresh Fruit, Juice Milk: Skim, 1%, Chocolate Skim

Egg and Cheese Sandwich

Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

side items

Fresh Fruit, Juice Milk: Skim, 1%, Chocolate Skim Egg and Cheese

Sandwich Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

side items

Fresh Fruit, Juice Milk: Skim, 1%, Chocolate Skim

Egg and Cheese Sandwich

Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

Fresh Fruit, Juice Milk: Skim, 1%, Chocolate Skim

Egg and Cheese Sandwich

Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

Fresh Fruit, Juice Milk: Skim, 1%, Chocolate Skim

Egg and Cheese Sandwich

Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

Fresh Fruit, Juice Milk: Skim, 1%, Chocolate Skim

Egg and Cheese Sandwich.

Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

Fresh Fruit, Juice Milk: Skim, 1%, Chocolate Skim

Egg and Cheese Sandwich

Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

Fresh Fruit, Juice Milk: Skim, 1%, Chocolate Skim

Egg and Cheese Sandwich

Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

Fresh Fruit, Juice Milk: Skim, 1%, Chocolate Skim

Egg and Cheese Sandwich

Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

Fresh Fruit, Juice Milk: Skim, 1%, Chocolate Skim

Egg and Cheese Sandwich

Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

Fresh Fruit, Juice Milk: Skim, 1%, Chocolate Skim

Egg and Cheese Sandwich

Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

Fresh Fruit, Juice Milk: Skim, 1%, Chocolate Skim

Egg and Cheese Sandwich

Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

Fresh Fruit, Juice Milk: Skim, 1%, Chocolate Skim

President day Recess

side items

President day Recess

side items

Egg and Cheese Sandwich

Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

side items Fresh Fruit, Juice

Milk: Skim, 1%, Chocolate Skim

Egg and Cheese Sandwich

Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

Fresh Fruit, Juice Milk: Skim, 1%, Chocolate Skim

Egg and Cheese Sandwich

Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

side items

Fresh Fruit, Juice Milk: Skim, 1%, Chocolate Skim

Egg and Cheese Sandwich

Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

Fresh Fruit, Juice Milk: Skim, 1%, Chocolate Skim

Egg and Cheese Sandwich

Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

Fresh Fruit, Juice

Milk: Skim, 1%, Chocolate Skim

Daily breakfast Specials Donuts, Pancakes, Frudels Bacon Egg and Cheese sandwich



Local ingredients are always used when in season



Ovo-Lacto Vegetarian, may contain Egg & Milk

Nutritional Messages may vary by school.

Breakfast \$1.25 Reduced .25c

childs account



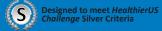
Healthy Snack Options!!! Use MYSCHOOLBUCKS and add money to your





Cara Dimarsico Food Service Director 526-

7847 ext 1321



31 side items BBQ Chicken w/Rice,

Middle School Lunch Menu

side items

February 2017

Macaroni and Cheese Burger, Pizza, Chicken Patty Grilled Cheese, Pbj

> side items Carrots Fruit, juice

Meatball Sub, **Chicken Nuggets** Burger, Pizza Grilled Cheese, Pbi

> **Baked Beans** Fruit, juice

3 **Sweet and Sour** Chicken w/Broccoli Burger, Pizza Grilled Cheese, Pbj

> side items Spinach Fruit, juice

Nachos

Burger, Pizza Grilled Cheese, Pbj

side items **Tator Tots** Fruit, juice

Pasta with Meatballs Burger, Pizza, Chicken Patty

Grilled Cheese, Pbj

side items **Mixed Veggies** Fruit, juice

side items

Macaroni and Cheese Burger, Pizza, Chicken Patty Grilled Cheese, Pbj

> side items Carrots Fruit, juice

9 Meatball Sub, Chicken and Cheese Quesadilla

Burger, Pizza Grilled Cheese, Pbj side items

Baked Beans Fruit, juice

10 **General Tso Chicken** w/Veggies and Rice Burger, Pizza Grilled Cheese, Pbj

> side items Broccoli Fruit, juice

13 Pizza Crunchers. **Chicken Nuggets** Burger, Pizza

Pbi, Grilled Cheese

Fries Fruit, juice **Chicken Mashed** Potato Bowl Burger, Pizza

> side items **Mixed Veggies** Fruit, juice

Pbi, Grilled Cheese

15 **Cheesy Penne Bake** Burger, Pizza, Chicken Patty Pbj, Grilled cheese

> side items Squash fruit, juice

16 **Orange Popcorn** Chicken w/ broccoli

Chicken Nuggets, Burger, Pizza Pbj, Grilled cheese

Campfire Beans fruit, juice

Salisbury Steak w/Gravy, Hot Dogs

Burger, Pizza, Chicken Patty Pbi, Grilled Cheese

side items

Broccoli Fruit, juice

20 Presidents Day Recess

side items

21 **Presidents Day** Recess

side items

22 **Chicken Nuggets Bowl** Burger, Pizza

Pbj. Grilled cheese

Carrots Fruit, juice 23

Nachos, Corn Dog Chicken Patty, Burger, Pizza Pbj, Grilled Cheese

side items **Mixed Veggies** Fruit, juice

Brunch For lunch-Pancakes w/Sausage and Hash Brown

Chicken Patty, Burger, Pizza Pbj, Grilled Cheese side items

Green Peas Fruit, juice

Pasta with Meatballs

Chicken Patty, Burger, Pizza Pbj, Grilled Cheese

side items

Green Beans Fruit, juice

Penne with Chicken Alfredo Chicken Patty, Burger, Pizza Pbj, Grilled Cheese

side items

Broccoli Fruit, juice

side items

side items

24

Pre order your sandwich or salad and have it ready for you!! Homemade Soup



Local ingredients are always used when in season



Nutritional Messages may vary by school.

Lunch \$2.75 Reduced .25c Adult \$3.61



Lunch consists of Grain, Protein, Fruit/Veggie and Milk...Student must take a Fruit/Juice



Use MYSCHOOLBUCKS Concern, Question, let me



Healthy Choices

Cara Dimarsico

Food Service Director 526-7847 ext 1321

