

Middle School Breakfast Menu

March 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

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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

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

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

30

Egg and Cheese Sandwich

Muffins, Cereal Bars, Cold Cereal Bagel w/Yogurt

Breakfast \$1.25 Reduced .25c

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 Bacon Egg and Cheese Sandwich **Donuts** Frudels, Pancakes



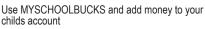
Local ingredients are always used when in season

Nutritional Messages may vary by school.



Ovo-Lacto Vegetarian, may contain Egg & Milk

> Questions or concerns, let me know!



Cara Dimarsico

7847 ext 1321





Food Service Director 526-

This institution is an equal opportunity provider.



Middle School Lunch Menu

side items

side items

March 2017

27

side items

8

side items

1

Macaroni and Cheese

Burger, Pizza, Chicken Patty Grilled Cheese, Pbj

side items

side items

side items

side items

side items

Carrots Fruit, juice 2

Meatball Sub, Chicken Nuggets

Burger, Pizza Grilled Cheese, Pbj

Baked Beans Fruit, juice 3

Sweet and Sour Chicken w/Broccoli

Burger, Pizza Grilled Cheese, Pbj

side items

Spinach Fruit, juice

6

Brunch For lunch-Pancakes w/Sausage and Hash Brown

Burger, Pizza Grilled Cheese, Pbj

Tator Tots

Fruit, juice

7

Pasta with Meatballs

Burger, Pizza, Chicken Patty Grilled Cheese, Pbj

side items

Mixed Veggies Fruit, juice 8

Macaroni and Cheese

Burger, Pizza, Chicken Patty Grilled Cheese, Pbj

rote

Carrots Fruit, juice 9

Meatball Sub, Chicken and Cheese Quesadilla

Burger, Pizza Grilled Cheese, Pbj

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 Pbj, Grilled Cheese

Fries Fruit, juice 14

Chicken Mashed Potato Bowl

Burger, Pizza Pbj, Grilled Cheese

Mixed Veggies Fruit, juice

Fruit, juice

15

Cheesy Penne Bake

Burger, Pizza, Chicken Patty Pbj, Grilled cheese

Squash fruit, juice 16

Orange Popcorn Chicken w/ broccoli

Chicken Nuggets, Burger, Pizza Pbj, Grilled cheese

Campfire Beans fruit, juice

17

Salisbury Steak w/Gravy, Hot Dogs, Corn Beef Sandwich

Burger, Pizza, Chicken Patty Pbj, Grilled Cheese

— side items

Broccoli Fruit, juice

20

BBQ Chicken with Mashed Potatoes

Burger, Pizza, Chicken Patty Pbj, Grilled Cheese

Broccoli Fruit, juice 21

Chicken Teriyaki w/Broccoli and Rice

Burger, Pizza, Chicken Patty Pbj, Grilled Cheese

Broccoli side items

22

side items

Chicken Nuggets Bowl

Burger, Pizza Pbj, Grilled cheese

Carrots Fruit, juice 23

Nachos, Corn Dog

Chicken Patty, Burger, Pizza Pbj, Grilled Cheese

Mixed Veggies
Fruit, juice

ggies side items

24

Brunch For lunch-Pancakes w/Sausage and Hash Brown

Chicken Patty, Burger, Pizza Pbj, Grilled Cheese

side items

Green Peas Fruit, juice

27

Pasta with Meatballs

Chicken Patty, Burger, Pizza Pbj, Grilled Cheese

Green Beans

Fruit, juice

28

side items

Penne with Chicken Alfredo

Chicken Patty, Burger, Pizza Pbj, Grilled Cheese

Broccoli Fruit, juice 29

Mozzerella Sticks, McFish Sandwich

Burger, Pizza, Chicken Patty Pbj, Grilled Cheese

Broccoli Fruit, juice 30

Sweet and Sour Chicken w/Broccoli

Burger, Pizza, Chicken Patty Pbj, Grilled Cheese

Broccoli Fruit, juice 31

Tacos, Corn Dog

Burger, Pizza, Chicken Patty Pbi, Grilled Cheese

side items

Broccoli Fruit, juice

Pre order your Sandwich or Salad.... Premium Cold Cuts



Local ingredients are always used when in season



Ovo-Lacto Vegetarian, may contain Egg & Milk

Nutritional Messages may vary by school



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

side items

Healthy Choices

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



Use MYSCHOOLBUCKSConcern, Question, let me



Cara Dimarsico

Food Service Director 526-7847 ext 1321