


| Middle School Breakfast Menu August 2017 | | | | |
|---|--|--|---|---|
| Menu Subject to Change | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 14  | 15 | 16 <u>Choose One</u> Yogurt With Fruit & Toast Pop Tart Cereal & Wheat Toast Fruit or Juice Milk Variety | 17 <u>Choose One</u> Yogurt With Fruit & Toast Mini Cinni Cereal & Wheat Toast Fruit or Juice Milk Variety | 18 <u>Choose One</u> Yogurt With Fruit & Toast Blueberry Muffin Cereal & Wheat Toast Fruit or Juice Milk Variety |
| 21 <u>Choose One</u> Yogurt With Fruit & Toast Bagel-Fuls Cereal & Wheat Toast Fruit or Juice Milk Variety | 22 <u>Choose One</u> Yogurt With Fruit & Toast Oatmeal & Toast Cereal & Wheat Toast Fruit or Juice Milk Variety | 23 <u>Choose One</u> Yogurt With Fruit & Toast Hot Honey Bun Cereal & Wheat Toast Fruit or Juice Milk Variety | 24 <u>Choose One</u> Yogurt With Fruit & Toast Scrambled Eggs & Toast Cereal & Wheat Toast Fruit or Juice Milk Variety | 25 <u>Choose One</u> Yogurt With Fruit & Toast Pancake Sausage On A Stick/Syrup Cereal & Wheat Toast Fruit or Juice Milk Variety |
| 28 <u>Choose One</u> Yogurt With Fruit & Toast Bagel & Cream Cheese Cereal & Wheat Toast Fruit or Juice Milk | 29 <u>Choose One</u> Yogurt With Fruit & Toast Pancakes & Syrup Cereal & Wheat Toast Fruit or Juice Milk | 30 <u>Choose One</u> Yogurt With Fruit & Toast Breakfast Pizza Cereal & Wheat Toast Fruit or Juice Milk | 31 <u>Choose One</u> Yogurt With Fruit & Toast Biscuit & Gravy Cereal & Wheat Toast Fruit or Juice Milk | 1 <u>Choose One</u> Yogurt With Fruit & Toast Cinnamon Square Cereal & Wheat Toast Fruit or Juice Milk |

| Middle School Lunch Menu August 2017 | | | | |
|--|---|---|--|--|
| Menu Subject to Change | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 14 | 15  | 16 Early Dismissal No lunch will be served | 17 Ravioli in Meat Sauce OR Cheesy Chicken Bake Bread & Margarine Cheese stick Peas Juice Milk Variety | 18 Hot Ham & Cheese on Bun OR Sub Sandwich Cheetos Carrot & Celery Stick Ranch Fruit Milk Variety |
| 21 Cheese Sticks & Sauce OR Chicken Strips & Ketchup Carrots Fruit Chocolate Pudding Milk Variety | 22 Chicken Nuggets BBQ Sauce/Ketchup OR Pretzel Roll Sandwich Broccoli Juice Milk Variety | 23 Spaghetti & Meat Sauce Hot Roll & Margarine OR Toasted Ravioli & Sauce Salad & Dressing Fruit Milk Variety | 24 Toasted Cheese Sandwich OR Taco Salad Baked Beans Juice Milk Variety | 25 Pepperoni Pizza OR Chili Crispito Corn Fruit Jell-O Milk Variety |
| 28 Hot Dog on Bun Ketchup & Mustard OR Hot Roast Beef On Croissant Baked Beans Fruit Milk Variety | 29 Hamburger on Bun Ketchup/Mustard/Pickle OR Sub Sandwich French Fries Juice Milk Variety | 30 Turkey & Cheese Wrap/Ranch OR Chicken Quesadilla Spring Salad & Dressing Fruit Chocolate Chip Cookie Milk Variety | 31 Nacho's With Meat Cheese Sauce/Salsa OR Cayenne Chicken on Bun Green Beans Juice Milk Variety | 1 Fish Stick & Ketchup OR Big Daddy Pizza Buttered Noodle Carrots Fruit Milk Variety |

Peanut butter & Jelly Uncrustable - Offered Daily

If you feel your child may qualify for free or reduced status, forms are available in the school office, or on the District Food Service homepage. **HOWEVER, YOU ARE STILL RESPONSIBLE FOR ANY CHARGES YOU MAY INCUR PRIOR TO APPROVAL. EXTRA MILK, AND MILK PURCHASED WITH A SACK LUNCH ARE NOT INCLUDED AS FREE LUNCH BENEFITS.**

For more information regarding federal guidelines, please visit www.choosemyplate.gov. This site also includes ideas for meals, exercise, and activities focusing on healthy living.

Breakfast Price 1.50 – Reduced .30
 Adult Breakfast 2.25
 Lunch Price 2.50 – Reduced .40
 Adult Lunch 3.35
 Milk .50