

MIDDLE SCHOOL MENU WEEK#1

<u>MONDAY BREAKFAST</u>	<u>TUESDAY BREAKFAST</u>	<u>WEDNESDAY BREAKFAST</u>	<u>THURSDAY BREAKFAST</u>	<u>FRIDAY BREAKFAST</u>
French Toast w/ sausage Chicken Biscuit Oatmeal w/Toast Cereal w/Toast Yogurt w/ Granola Yogurt Parfait <u>DAILY OPTIONS:</u> Poptarts, Nutrigrain bars, Crunchmania <i>Choice of milk and fresh fruit or juice</i>	Breakfast Tornado Breakfast Bites Breakfast Pizza Cereal w/Toast Yogurt w/Grahams <u>DAILY OPTIONS:</u> Poptarts, Nutrigrain bars, Crunchmania <i>Choice of milk and fresh fruit or juice</i>	Cinnamon Rolls or Scrambled Eggs w/sausage Oatmeal w/Toast Cereal w/Toast Yogurt w/ Granola Yogurt Parfait <u>DAILY OPTIONS:</u> Poptarts, Nutrigrain bars, Crunchmania <i>Choice of milk and fresh fruit or juice</i>	Breakfast Tacos Cranberry Bread Breakfast Pizza Cereal w/Toast Yogurt w/Grahams <u>DAILY OPTIONS:</u> Poptarts, Nutrigrain bars, Crunchmania <i>Choice of milk and fresh fruit or juice</i>	Pancake on a Stick Scrambled Eggs w/Biscuit Oatmeal w/Toast Cereal w/Toast Yogurt w/ Granola Yogurt Parfait <u>DAILY OPTIONS:</u> Poptarts, Nutrigrain bars, Crunchmania <i>Choice of milk and fresh fruit or juice</i>
<u>MONDAY LUNCH</u>	<u>TUESDAY LUNCH</u>	<u>WEDNESDAY LUNCH</u>	<u>THURSDAY LUNCH</u>	<u>FRIDAY LUNCH</u>
Chicken Parmesan with Pasta and Marinara Club Sandwich w/Soup Spicy Chicken Sandwich Ham & Cheese Sandwich Cobb Salad <u>DAILY OPTIONS:</u> PB&J Sandwich Baked Potato Meal Yogurt & Cheese Meal <i>Choice of milk, vegetables, & fruits</i>	Chicken Nugget w/roll Chicken Fried Steak w/roll Cheeseburger Turkey & Cheese Sandwich Italian Sub Greek Salad <u>DAILY OPTIONS:</u> PB&J Sandwich Baked Potato Meal Yogurt & Cheese Meal <i>Choice of milk, vegetables, & fruits</i>	Taco Salad w/Chips and cornbread Enchiladas w/ Chili and cornbread Hot Dog Ham & Cheese Sandwich Chef Salad <u>DAILY OPTIONS:</u> PB&J Sandwich Baked Potato Meal Yogurt & Cheese Meal <i>Choice of milk, vegetables, & fruits</i>	Macaroni Supreme w/Garlic Breadstick Burrito w/ Salsa Buffalo Strips &roll Turkey and Cheese sandwich Turkey Club Wrap Chicken Fajita Salad <u>DAILY OPTIONS:</u> PB&J Sandwich Baked Potato Meal Yogurt & Cheese Meal <i>Choice of milk, vegetables, & fruits</i>	Asian Chicken w/Stir Fried Rice Pizza BBQ Chicken Toaster Ham & Cheese Sandwich Asian Chicken Salad <u>DAILY OPTIONS:</u> PB&J Sandwich Baked Potato Meal Yogurt & Cheese Meal <i>Choice of milk, vegetables, & fruits</i>

MIDDLE SCHOOL MENU WEEK#2

<u>MONDAY BREAKFAST</u>	<u>TUESDAY BREAKFAST</u>	<u>WEDNESDAY BREAKFAST</u>	<u>THURSDAY BREAKFAST</u>	<u>FRIDAY BREAKFAST</u>
French Toast w/sausage Chicken Biscuit Oatmeal w/Toast Cereal w/Toast Yogurt w/ Granola Yogurt Parfait <u>DAILY OPTIONS:</u> Poptarts, Nutrigrain bars, Crunchmania Choice of milk and fresh fruit or juice	Breakfast Tornado Breakfast Bites Breakfast Pizza Cereal w/ Toast Yogurt w/ Grahams <u>DAILY OPTIONS:</u> Poptarts, Nutrigrain bars, Crunchmania Choice of milk and fresh fruit or juice	Cinnamon Rolls or Scrambled Eggs w/sausage Oatmeal w/ Toast Cereal w/ Toast Yogurt w/ Granola Yogurt Parfait <u>DAILY OPTIONS:</u> Poptarts, Nutrigrain bars, Crunchmania Choice of milk and fresh fruit or juice	Breakfast Tacos Cranberry Bread Breakfast Pizza Cereal w/ Toast Yogurt w/ Grahams <u>DAILY OPTIONS:</u> Poptarts, Nutrigrain bars, Crunchmania Choice of milk and fresh fruit or juice	Pancake on a Stick Scrambled Eggs w/Biscuit Oatmeal w/ Toast Cereal w/ Toast Yogurt w/ Granola Yogurt Parfait <u>DAILY OPTIONS:</u> Poptarts, Nutrigrain bars, Crunchmania Choice of milk and fresh fruit or juice
<u>MONDAY LUNCH</u>	<u>TUESDAY LUNCH</u>	<u>WEDNESDAY LUNCH</u>	<u>THURSDAY LUNCH</u>	<u>FRIDAY LUNCH</u>
Spaghetti w/Meatballs Loaded Baked Potato Spicy Chicken Sandwich Ham & Cheese Cobb Salad <u>DAILY OPTIONS:</u> PB&J Sandwich Baked Potato Meal Yogurt & Cheese Meal Choice of milk, vegetables, & fruits	Chicken Nugget w/roll Chicken Fried Steak w/roll Turkey & Cheese Sandwich Italian Sub Greek Salad <u>DAILY OPTIONS:</u> PB&J Sandwich Baked Potato Meal Yogurt & Cheese Meal Choice of milk, vegetables, & fruits	Chicken Fajita Tacos w/ Spanish Rice Crispy Beef Tacos w/ Spanish Rice Hot Dog Ham & Cheese Sandwich Chef Salad <u>DAILY OPTIONS:</u> PB&J Sandwich Baked Potato Meal Yogurt & Cheese Meal Choice of milk, vegetables, & fruits	Chicken Strips w/roll French Bread Pizza Buffalo Strips &roll Turkey & Cheese sandwich Turkey Club Wrap Chicken Fajita Salad <u>DAILY OPTIONS:</u> PB&J Sandwich Baked Potato Meal Yogurt & Cheese Meal Choice of milk, vegetables, & fruits	Fish Wedge w/ Macaroni & Cheese Chicken Strips w/ Macaroni & Cheese BBQ Chicken Toaster Ham & Cheese Sandwich Asian Chicken Salad <u>DAILY OPTIONS:</u> PB&J Sandwich Baked Potato Meal Yogurt & Cheese Meal Choice of milk, vegetables, & fruits