



MIDDLE SCHOOL BREAKFAST AND LUNCH MENU

AUGUST-SEPTEMBER 2023

MIDDLE SCHOOL BREAKFAST: PAID STUDENTS: \$1.25 // Adult/Visitor breakfast \$3.00

MIDDLE SCHOOL LUNCH: PAID STUDENTS: \$2.50 // Adult/Visitor lunch \$5.00

REDUCED STUDENT BREAKFAST: FREE // REDUCED STUDENT LUNCH: \$0.40

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| 28 Maple Waffle Mini Corn Dogs Spicy Chicken Sandwich Garden Salad Baked Beans Sliced Peaches | 29 Sausage & Cheese Biscuit Breaded Chicken Sandwich Build Your Own Burrito Bowl Beef or Chicken Garden Salad Black or Pinto Beans Fresh Mixed Fruit Steamed or Cilantro Rice | 30 Mini Pancakes Orange Chicken & LoMein Spicy Chicken Sandwich Garden Salad Stir Fried Vegetables Fresh Pineapple Vegetable Egg Roll | 31 Turkey Ham & Cheese Croissant Beef & Cheese Nachos Garden Salad Whole Kernel Corn Fresh Cantaloupe | 1 Cinnamon Roll Macaroni & Cheese Spicy Chicken Sandwich Baked Beans Garden Salad Fruit Cobbler |
| 4 NO SCHOOL | 5 French Toast Sticks Breakfast Taco Spicy Chicken Sandwich Garden Salad Whole Kernel Corn Fresh Berries Wheat Roll | 6 Chocolate Chip Waffle Spaghetti & Meatsauce Spicy Chicken Sandwich Garden Salad Seasoned Green Beans Fresh Pineapple Garlic Roll | 7 Turkey Ham & Cheese Croissant Beef & Cheese Nachos Garden Salad Seasoned Black Beans Fresh Mixed Fruit | 8 Cinnamon Roll Cheese Stuffed Breadsticks Breaded Chicken Sandwich Garden Salad Fresh Cucumber Slices Garden Fresh Watermelon |
| 11 Maple Waffle Mini Corn Dogs Spicy Chicken Sandwich Baked Beans Broccoli Salad Sliced Peaches | 12 Sausage & Cheese Biscuit Spicy Chicken Sandwich Build Your Own Burrito Bowl Beef or Chicken Garden Salad Black or Pinto Beans Fresh Pineapple Steamed or Cilantro Rice | 13 Mini Pancakes Orange Chicken & LoMein Breaded Chicken Sandwich Garden Salad Stir Fried Vegetables Mandarin Oranges Vegetable Egg Roll | 14 Turkey Ham & Cheese Croissant Beef & Cheese Nachos Garden Salad Seasoned Black Beans Fresh Mixed Fruit | 15 Cinnamon Roll Chili & Cheese Baked Potato Breaded Chicken Sandwich Cole Slaw Seasoned Pinto Beans Fruit Cobbler |
| 18 French Toast Sticks Steak Fingers Homestyle Chicken Tenders Garden Salad Mashed Potatoes & Gravy Seasoned Green Beans Sliced Peaches Wheat Roll | 19 Chocolate Chip Banana Muffin Cheese Stuffed Breadsticks Spicy Chicken Sandwich Garden Salad Fresh Red Grapes Sliced Peaches | 20 Chocolate Chip Waffle Mac & Cheese Mini Corn Dogs Garden Salad Baked Beans Fresh Cantaloupe | 21 Turkey Ham & Cheese Croissant Cheese Enchiladas Spicy Chicken Sandwich Garden Salad Seasoned Pinto Beans Garden Fresh Watermelon | 22 Cinnamon Roll Chili Cheese Dog Spicy Chicken Sandwich Garden Salad Roasted Broccoli Fruit Cobbler |
| 25 NO SCHOOL | 26 French Toast Sticks Breaded Chicken Sandwich Build Your Own Burrito Bowl Beef or Chicken Garden Salad Black or Pinto Beans Fresh Mixed Fruit Steamed or Cilantro Rice | 27 Mini Pancakes Orange Chicken & LoMein Spicy Chicken Sandwich Garden Salad Stir Fried Vegetables Fresh Pineapple Vegetable Egg Roll | 28 Turkey Ham & Cheese Croissant Beef & Cheese Nachos Garden Salad Whole Kernel Corn Fresh Cantaloupe | 29 Cinnamon Roll Macaroni & Cheese Spicy Chicken Sandwich Baked Beans Garden Salad Fruit Cobbler Wheat Roll |

This institution is an equal opportunity provider.

Menus are subject to change without notice due to price and availability of food

Menus also available at Schoolcafe.com

Nutrient Analysis is available at <https://www.cfsd.net/Page/3593>

Daily Breakfast Features:

Vanilla Yogurt & Rockin' ola granola
 Whole grain cereal
 Fresh Fruit
 100% fruit juice
 1% white or fat free chocolate milk

Complete Breakfast Includes:

Choice of 1 entrée
 2 fruits OR 1 fruit & juice
 1% white or fat free chocolate milk

A Complete Lunch Includes:

Choice of entrée
 2 fruits
 2 vegetables
 1% white or fat free chocolate milk

Lunch Entrée Salad:

Tuesday, Wednesday & Thursday
 Southwest Grilled Chicken Salad

All breads, breading, cereals, rice, and pastas
 are 51% or more whole grains, except biscuits &
 tortillas.