



MIDDLE SCHOOL FEBRUARY 2020 BREAKFAST AND LUNCH MENU

MIDDLE SCHOOL BREAKFAST: Paid student meal \$1.25 // reduced student meal \$0.20 // adult/visitor meal \$2

MIDDLE SCHOOL LUNCH: Paid student meal \$2.50 // reduced student meal \$0.40 // adult/visitor meal \$3.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Whole Wheat Cinnamon Roll French Toast Fruit & Yogurt Parfait Build-Your-Own Baked Potato Broccoli Salad Tossed Salad Mixed Fruit Garlic Breadsticks Choice of Milk	4 Mini Pancakes Sausage & Cheese Croissant Fruit & Yogurt Parfait Pork Carnitas Tacos Roasted Corn Salad Bar Mandarin Oranges Choice of Milk	5 Turkey Bacon & Egg Breakfast Taco Sausage & Cheese English Muffin Fruit & Yogurt Parfait Cheesy Lasagna Diced Carrots Tossed Salad Fresh Pineapple Chunks Garlic Roll Choice of Milk	6 Egg, Bacon & Cheese English Muffin Ham & Cheese Croissant Fruit & Yogurt Parfait Orange Chicken & Lo Mein Steamed Broccoli Tossed Salad Vegetable Egg Roll Mandarin Oranges Choice of Milk	7 Sausage & Cheese Biscuit Pancake & Turkey Sausage Minis Fruit & Yogurt Parfait Nachos Garden Fresh Roasted Root Veggies Seasoned Black Beans Diced Pears Choice of Milk
10 Mini Pancakes Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait Steak Fingers Mashed Potatoes w/ Gravy Tossed Salad Mandarin Oranges Wheat Roll Choice of Milk	11 Spiced Apple Muffin Sausage & Cheese Biscuit Fruit & Yogurt Parfait Beef Soft Tacos Roasted Corn Salad Bar Fresh Pineapple Chunks Choice of Milk	12 Turkey Chorizo & Egg Breakfast Taco Egg, Ham & Cheese English Muffin Fruit & Yogurt Parfait Chicken Supreme Nachos Seasoned Black Beans Tossed Salad Fresh Mixed Fruit Cornbread Choice of Milk	13 Ham & Cheese Croissant Chicken Biscuit Fruit & Yogurt Parfait Chicken Teriyaki w/ Stir Fried Rice Diced Carrots Spicy Spinach Salad Sliced Peaches Vegetable Egg Roll Choice of Milk	14 Sausage & Cheese Croissant Sausage & Cheese Kolache Fruit & Yogurt Parfait Fish Sticks Steamed Broccoli Tossed Salad Mixed Fruit Garlic Roll Choice of Milk
17 NO SCHOOL	18 French Toast Pancake & Turkey Sausage Minis Fruit & Yogurt Parfait Pork Carnitas Tacos Roasted Corn Salad Bar Sliced Peaches Cornbread Choice of Milk	19 Turkey Bacon & Egg Breakfast Taco Sausage & Cheese English Muffin Fruit & Yogurt Parfait Macaroni & Cheese Seasoned Peas Tossed Salad Diced Pears Choice of Milk	20 Pancake & Turkey Sausage Minis Spiced Apple Muffin Fruit & Yogurt Parfait Orange Chicken & Lo Mein Steamed Broccoli Tossed Salad Vegetable Egg Roll Fresh Pineapple Chunks Choice of Milk	21 Chicken Biscuit Egg, Ham & Cheese English Muffin Fruit & Yogurt Parfait Pulled Pork BBQ Sandwich Seasoned Pinto Beans Tossed Salad Fresh Cantaloupe Chunks Choice of Milk
24 Mini Pancakes Whole Wheat Cinnamon Roll Fruit & Yogurt Parfait Hatch Green Chili Tamales Seasoned Pinto Beans Tossed Salad Mandarin Oranges Choice of Milk	25 French Toast Sausage & Cheese Croissant Fruit & Yogurt Parfait Beef Soft Tacos Roasted Corn Salad Bar Mandarin Oranges Choice of Milk	26 Turkey Chorizo & Egg Breakfast Taco Pancake & Turkey Sausage Minis Fruit & Yogurt Parfait Spaghetti & Meatballs Seasoned Green Beans Tossed Salad Fresh Pineapple Chunks Garlic Roll Choice of Milk	27 Ham & Cheese Croissant Sausage & Cheese English Muffin Fruit & Yogurt Parfait Chicken Teriyaki w/ Stir Fried Rice Cran Apple Spinach Salad Zucchini Fresh Diced Apples Vegetable Egg Roll Choice of Milk	28 Sausage & Cheese Kolache Egg, Bacon & Cheese English Muffin Fruit & Yogurt Parfait Frito Pie Baby Carrots w/ Ranch Dip Tossed Salad Fresh Cantaloupe Chunks Choice of Milk

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

A Complete Breakfast Includes:

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

Daily Breakfast Features:

Yogurt & Rockin' ola granola
Whole grain cereal (Not available at
some schools)
Assorted fruit bowl
100% 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

Daily Lunch Features:

Hummus & pita bread entrée
Yogurt, granola and string cheese
Turkey & cheese or turkey, ham & cheese on
croissant (alternate weekly)
Assorted fruit bowl

Fresh Entrée Salads

Monday- Mandarin Orange Salad
Tuesday- Southwest Chicken Salad
Wednesday- Chef's Salad
Thursday- Cran-apple Salad
Friday- Egg Bacon & Spinach Salad
*Grilled Chicken Caesar Salad served
daily.*

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