



SEPTEMBER 2020 MIDDLE SCHOOL 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
7 NO SCHOOL	8 French Toast Beef Soft Tacos Roasted Corn Garden Salad Choice of Fruit	9 Sausage & Cheese English Muffin Chili Cheese Turkey Hot Dog Sweet Potato Fries Garden Salad Choice of Fruit	10 Chicken Biscuit Chicken Teriyaki w/ Stir Fried Rice Spicy Spinach Salad Stir Fried Vegetables Vegetable Egg Roll Choice of Fruit	11 Sausage & Cheese Kolache Chicken Chunks Cole Slaw Roasted Potato Wedges Choice of Fruit
14 Whole Wheat Cinnamon Roll Pulled Pork Baked Potato Seasoned Pinto Beans Garden Salad Garlic Breadsticks Choice of Fruit	15 Mini Pancakes Pork Carnitas Tacos Roasted Corn Garden Salad Choice of Fruit	16 Sausage & Cheese Biscuit Lasagna Rolls Diced Carrots Garden Salad Choice of Fruit Garlic Roll	17 Ham & Cheese Croissant Orange Chicken & Lo Mein Steamed Broccoli Garden Salad Choice of Fruit Vegetable Egg Roll	18 Sausage & Cheese Kolache Nachos Seasoned Black Beans Garden Salad Choice of Fruit
21 Whole Wheat Cinnamon Roll Steak Fingers Mashed Potatoes & Gravy Garden Salad Choice of Fruit Wheat Roll	22 Mini Pancakes Beef Soft Tacos Roasted Corn Fresh Broccoli Choice of Fruit	23 Sausage & Cheese English Muffin Chicken Supreme Nachos Seasoned Black Beans Garden Salad Choice of Fruit Garlic Roll	24 Chicken Biscuit Chicken Teriyaki w/ Stir Fried Rice Mixed Vegetables Garden Salad Choice of Fruit Vegetable Egg Roll	25 Sausage & Cheese Croissant Cheese Stuffed Breadsticks Diced Carrots Garden Salad Choice of Fruit
28 Whole Wheat Cinnamon Roll Chicken Pot Stickers Baby Carrots Steamed Broccoli Choice of Fruit	29 Pancake & Turkey Sausage Minis Pork Carnitas Tacos Roasted Corn Garden Salad Choice of Fruit	30 Sausage & Cheese Biscuit Macaroni & Cheese Seasoned Peas Garden Salad Choice of Fruit		

This institution is an equal opportunity provider.

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

Complete Breakfast Includes:

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

Daily Breakfast Features:

- Whole grain cereal (Not available at some schools)
- Fresh Fruit
- 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

Fresh Entrée Salads

Grilled Chicken Caesar Salad served daily.