

Guidelines for secondary students: milk, vegetables, fruit or 100% juices are offered at every meal; cereal, milk and 100% fruit juices available every morning.

DECEMBER 2017

Middle School

Daily Selections: Choice of fresh fruits, fresh or steamed vegetables, whole grain rolls, entrée salads, yogurt, cereal, main entrée and alternate

Monday

Tuesday

Wednesday

Thursday

Friday

Grab 'n Go Breakfast 4

Chicken Nuggets w/
Honey or BBQ Sauce
Baked Potato w/Sour Cream
Steamed Green Beans
Alt: Hot Dog on WG Roll

Grab 'n Go Breakfast 5

Taco Tuesday!
Taco w/Lettuce, Tomato,
Cheese, Nacho Chips,
Black Bean Salsa
Alt: Hot Dog on WG Roll

Grab 'n Go Breakfast 6

Corn Dog
Baked Beans
Sliced Cucumbers,
Celery & Carrots
Alt: PB&J Uncrustable

Grab 'n Go Breakfast 7

Spaghetti w/Meat Sauce
Salad, Bread Stick
Ice Cream Treat
Alt: Hot Dog on WG Roll

Grab 'n Go Breakfast 1

Cheesesteak
Waffle Fries
Honey BBQ Beans

Alt: Chicken Wrap

Grab 'n Go Breakfast 8

Personal Pan Pizza
Steamed Sweet Peas
Fresh Fruit

Alt: Hot Dog on WG Roll

Grab 'n Go Breakfast 11

French Toast w/Syrup
Potato Pancakes
Sausage Links

Alt: Grilled Ham & Cheese

Grab 'n Go Breakfast 12

CHRISTMAS DINNER!
Turkey, Filling, Corn, Sweet
Potatoes, Cranberry Sauce
Sugar Cookie
~No Alternate Today Only~

Grab 'n Go Breakfast 13

California Cheeseburger
on a Pretzel Roll
Sweet Potato Fries, Mixed Veg

Alt: Grilled Ham & Cheese

Grab 'n Go Breakfast 14

Bulldog Bowl
Popcorn Chicken, Corn
Mashed Potatoes

Alt: Grilled Ham & Cheese

Grab 'n Go Breakfast 15

Hamburger BBQ on WG Roll
Crispy Fries
Cole Slaw

Alt: Grilled Ham & Cheese

Grab 'n Go Breakfast 18

Chicken Patty on WG Roll
w/Lettuce & Tomato
Baked Beans, Applesauce

Alt: Cheeseburger

Grab 'n Go Breakfast 19

Fish Sticks w/Tartar Sauce
Crispy Fries
Steamed Carrots

Alt: Cheeseburger

Grab 'n Go Breakfast 20

Slice of Pizza
Steamed Broccoli
Mott's Fruit Snack

Alt: Cheeseburger

Grab 'n Go Breakfast 21

Walking Taco Thursday!
Taco w/Lettuce, Tomato,
Cheese, Sour Cream,
Black Bean Salsa

Alt: Cheeseburger

SCHOOLS CLOSED WINTER RECESS 22



SCHOOLS CLOSED WINTER RECESS 25



SCHOOLS CLOSED WINTER RECESS 26



SCHOOLS CLOSED WINTER RECESS 27



SCHOOLS CLOSED WINTER RECESS 28



SCHOOLS CLOSED WINTER RECESS 29



Included with all meals is a choice of:
Fruit, Juice or Milk

Breakfast: \$1.95
Lunch: \$2.80

Reduced Breakfast: \$0.30
Reduced Lunch: \$0.40

MENU IS SUBJECT TO AVAILABILITY AND CHANGE WITHOUT NOTICE

