

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

# SEPTEMBER 2018

## Middle School

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

### Monday

**SCHOOLS CLOSED** 3  
**LABOR DAY HOLIDAY**



### Tuesday

Grab 'n Go Breakfast 4

French Toast Stix w/Syrup  
Sausage Patty, Tator Tots  
Fresh Strawberries

Alt: Grilled Ham & Cheese

### Wednesday

Grab 'n Go Breakfast 5

Pork BBQ on WG Roll  
Baked Beans  
Creamed Cabbage

Alt: Grilled Ham & Cheese

### Thursday

Grab 'n Go Breakfast 6

Bulldog Bowl  
Popcorn Chicken, Corn,  
Mashed Potatoes

Alt: Grilled Ham & Cheese

### Friday

Grab 'n Go Breakfast 7

Calzone  
w/Marinara Sauce  
Steamed Carrot Coins

Alt: Grilled Ham & Cheese

Grab 'n Go Breakfast 10

Chicken Patty on WG Roll  
Spinach Salad  
Sweet Potato Fries

Alt: Pizza

Grab 'n Go Breakfast 11

Cheeseburger  
Cucumbers, Celery & Carrots  
with Dip, Onion Rings

Alt: Pizza

Grab 'n Go Breakfast 12

Grilled BBQ Chicken Strips  
Pierogies  
Baked Beans, Applesauce

Alt: Pizza

Grab 'n Go Breakfast 13

Walking Taco in a Bag  
Lettuce, Tomato, Sour Cream  
Salsa w/Black Beans

Alt: Pizza

Grab 'n Go Breakfast 14

Chicken Alfredo  
Sweet Peas  
Breadstick

Alt: Pizza

Grab 'n Go Breakfast 17

Ham & Cheese Hoagie  
Cauliflower  
Snack Bag

Alt: Cheeseburger

Grab 'n Go Breakfast 18

Chicken Fries  
Baked Beans  
Soft Pretzel

Alt: Cheeseburger

Grab 'n Go Breakfast 19

Hot Dog on WG Roll  
Macaroni & Cheese  
Stewed Tomatoes

Alt: Cheeseburger

Grab 'n Go Breakfast 20

Bulldog Bowl  
Popcorn Chicken, Corn,  
Mashed Potatoes

Alt: Cheeseburger

Grab 'n Go Breakfast 21

Meatball Parmesan on WG Roll  
Side of Pasta  
Steamed Broccoli

Alt: Cheeseburger

Grab 'n Go Breakfast 24

Cheesesteak Sandwich  
French Fries  
Steamed Green Beans

Alt: Hot Dog on WG Roll

Grab 'n Go Breakfast 25

Grilled Cheese Sandwich  
Tomato Soup, Cauliflower  
Goldfish Crackers

Alt: Hot Dog on WG Roll

Grab 'n Go Breakfast 26

Chicken Fajita w/Sautéed  
Peppers and Onions  
Santa Fe Rice

Alt: Hot Dog on WG Roll

Grab 'n Go Breakfast 27

French Toast w/Syrup  
Hash Brown Triangles,  
Sausage, Strawberries

Alt: Hot Dog on WG Roll

Grab 'n Go Breakfast 28

Mozzarella Filled Twisted  
Dough Breadstick w/Marinara  
Sauce, Romaine Salad

Alt: Hot Dog on WG Roll

Breakfast: \$1.95  
Lunch: \$2.90

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

Included with all meals is a choice of: Fruit, Juice, or Milk.  
Menu is subject to availability and change without notice.

