

## TRADITIONAL MIDDLE MENUS – SEPTEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9-1
				Belgian Waffle *NEW*  Beef Hot Dog On Bun OR BBQ Sandwich OR Yogurt Lunch Pack *NEW* French Fries (1/2 c) Coleslaw (1/2 c) BBQ Baked Beans (1/2 c) *NEW* Seasonal Fresh Fruit
9-4	9-5	9-6	9-7	9-8
NO SCHOOL	Chicken Biscuit  Corn Dog Nuggets OR Taco Salad w/Chips OR Pinto Beans (1/2 c) Seasoned Corn (1/2 c) Seasonal Fresh Fruit  Optional: Wowbutter Sandwich w/String Cheese	Fruit Frudel  Pork Chop Sandwich OR Spaghetti w/ Garlic Bread OR Chef Salad (Chicken, Turkey or Egg) w/Flatbread Steamed Broccoli (1/2 c) Fresh Carrots w/Dip (1/2 c) Chilled Pineapple (1/2 c)	Muffin Variety  Chicken Tenders w/Waffles OR Meatball Sub Tater Tots (1/2 c) Mixed Vegetables (1/2 c) Sourlicious Raisins  Optional: Deli Lunch Pack	French Toast Sticks  Cheese Dunkers w/Marinara Sauce Chicken Fajita Green Beans (1/2 c) Squash (1/2 c) Chilled Peaches (1/2 c)  Optional: Deli Sandwich/Wrap
9-11	9-12	9-13	9-14	9-15
Super Donut  <i style="text-align: center;">Patriot's Day</i> Chicken Sandwich OR Salisbury Steak w/Gravy & Roll Mashed Potatoes (1/2 c) Savory Carrots (1/2 c) American Hero Fruit Ice  Optional: Chef Salad w/Roll	Pizza Bagel  Beef & Cheese Nacho OR Cheese Nacho OR Fruit & Yogurt Parfait w/Granola & Graham Crackers Pinto Beans (1/2 c) Seasoned Corn (1/2 c) Salsa (1/4 c) Chilled Peaches (1/2 c)	Egg/Cheese/Sausage Breakfast Taco  Beef Fiestada OR Cheese Lasagna w/Garlic Bread OR Deli Lunch Pack Spinach & Tomato Salad (1 c) Mixed Vegetables (1/2 c) Chilled Strawberries (1/2 c) Fresh Baked Cookie	Pancake Minis  Popcorn Chicken w/Roll OR Rib B Q On Bun Sweet Potato Chunks (1/2 c) Broccoli with Cheese (1/2 c) Applesauce Variety (1/2 c)  Optional: Manager's Choice Spicy Buffalo Popcorn Chicken	Breakfast Bites  Fish Nuggets w/Roll OR Buffalo Chicken Flatbread Green Beans (1/2 c) Seasoned Squash (1/2 c) Chilled Pears (1/2 c)  Optional: Wowbutter Sandwich w/String Cheese
9-18	9-19	9-20	9-21	9-22
Pancake/Sausage On Stick  Chicken Nuggets w/Roll OR Italian Grilled Cheese w/Marinara Sauce Fresh Veggies (1/2 c) w/Dip Seasoned Broccoli (1/2 c) Seasonal Fresh Fruit  Optional: Chef Salad w/Roll	Cinnamon Roll  Fish Sandwich OR Beefy Taco w/Cheese OR Deli Lunch Pack Mexican Rice (1/2 c) Fiesta Black Beans (1/2 c) Lettuce (1/2 c) & Salsa (1/4 c) Fruit Pearls *NEW*	Poptart w/String Cheese  Pepperoni Pizza OR Cheese Pizza OR Popcorn Chicken Salad w/Flatbread Glazed Carrots (1/2 c) Seasoned Peas (1/2 c) Applesauce Variety	Sausage Biscuit  Asian Chicken w/Rice (1 c) Cheeseburger On Bun California Blend Stir Fry (1/2 c) Seasoned Corn (1/2 c) Chilled Peaches (1/2 c)  Optional: Deli Sandwich/Wrap with Crackers	Belgian Waffle  Beef Hot Dog On Bun OR BBQ Sandwich OR Yogurt Lunch Pack French Fries (1/2 c) Coleslaw (1/2 c) BBQ Baked Beans (1/2 c) *NEW* Seasonal Fresh Fruit
9-25	9-26	9-27	9-28	9-29
Chicken Biscuit  Cheese Dunkers w/Marinara Sauce OR Chicken Fajita OR Deli Lunch Pack Spinach and Tomato Salad (1c) Seasoned Peas and Carrots (1/2 c) Chilled Peaches (1/2 c)	Fruit Frudel PreK – Cereal w/String Cheese  Corn Dog Nuggets OR Taco Salad w/Chips OR Wowbutter Sandwich w/String Cheese Mexican Rice (1/2 c) Pinto Beans (1/2 c) Seasoned Corn (1/2 c) Seasonal Fresh Fruit	Breakfast Pizza  Chicken Tenders w/Waffles OR Ham Croissant w/Cheez-It Crackers Fresh Carrots (1/2 c) w/Dip Broccoli Salad (1/2 c) Fruit Variety  Optional: Manager's Choice Lunch pack OR Chef Salad w/Roll  EARLY RELEASE	Muffin Variety  Pork Chop Sandwich OR Spaghetti w/Garlic Bread Green Beans (1/2 c) Sweet Potato Fries (1/2 c) Chilled Mandarin Oranges (1/2 c)  Optional: Yogurt Lunch Pack	French Toast Sticks  Hamburger On Bun OR Fiesta Chicken & Cheese Potato OR California Blend (1/2 c) Seasoned Squash (1/2 c) Sourlicious Raisins  Optional: Deli Sandwich

Cereal w/graham crackers are offered daily for breakfast

Muffins and yogurt w/graham crackers are offered as a choice for breakfast

Flavored and unflavored skim milk is available daily for breakfast and lunch

This institution is an equal opportunity provider.