

# August September

## Middle Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Apple Frudel Chicken Fries with Whole Grain Roll Onion Rings Glazed Carrots Choice of Fruit and Milk	30 Mini Pancakes Nacho Grande w/ Meat & Cheese Sauce Lettuce, Tomato, Salsa Sweet Corn Choice of Fruit and Milk	31 Mini Cinnis Cheeseburger on Whole Grain Roll Lettuce, Tomato, Onion, Pickles Oven Fries Baked Beans Choice of Fruit and Milk	1 Pancake/Sausage on a Stick Pizza Cheese Crunchers Tossed Salad Fresh Broccoli Choice of Fruit Choice of Milk	2 <b>NO SCHOOL</b> 
5 <b>NO SCHOOL</b> 	6 Mini Waffles French Toast Sticks w Syrup Sausage Patty Hash Brown Carrot Sticks 100% Fruit Juice and Milk	7 Breakfast Wrap Popcorn Chicken Bowl with Whole Grain Roll Mashed Potatoes Corn Choice of Fruit and Milk	8 Mini French Toast Hot Ham & Cheese on Pretzel Roll Sweet Potato Fries Veggies & Dip Choice of Fruit and Milk	9 Blueberry Pancakes Pizza Tossed Salad Chick Peas Whole Grain Cookie Choice of Fruit and Milk
12 Chocolate Chip French Toast Chicken Wings Whole Grain Roll Glazed Carrots Tater Tots Choice of Fruit and Milk	13 Breakfast Pizza Macaroni & Cheese with Soft Pretzel Rod Stewed Tomatoes Steamed Broccoli Choice of Fruit and Milk	14 Fruit & Yogurt Parfait Taco with Meat & Cheese Brown Rice Lettuce, Tomato, Salsa Refried Beans Choice of Fruit and Milk	15 Pancake/Sausage on a Stick Bosco Cheese Sticks Marinara Sauce Carrot Sticks Carrot Sticks Choice of Fruit and Milk	16 Breakfast Sandwich Chicken Nuggets Whole Grain Roll Seasoned Curly Fries Mixed Vegetables Choice of Fruit and Milk
19 Mini Cinnis General Tso Chicken Brown Rice Steamed Broccoli Carrot Sticks Choice of Fruit and Milk	20 Mini French Toast Pancakes w/ Syrup Sausage Links Hash Brown Celery Sticks 100% Fruit Juice and Milk	21 Mini Pancakes Turkey and Cheese Deli Sandwich Lettuce, Tomato, Onion, Pickle Sweet Potato Puffs Green Beans Choice of Fruit and Milk	22 Breakfast Wrap Cheese Steak Sub on Whole Grain Roll Oven Fries Baked Beans Choice of Fruit and Milk	23 Mini Waffles Pizza Tossed Salad Chick Peas Whole Grain Cookie Choice of Fruit and Milk
26 Apple Frudel Meatball Hoagie on Whole Grain Roll Baked Beans Potato Rounds Choice of Fruit and Milk	27 Bacon Breakfast Boat Homemade Grilled Cheese on Whole Grain Bread Tomato Soup with Crackers Fresh Broccoli Choice of Fruit and Milk	28 Strawberry Cream Cheese Bagel Nacho Grande w/ Meat & Cheese Sauce Lettuce, Tomato, Salsa Sweet Corn Choice of Fruit and Milk	29 Blueberry Pancakes Solanco Sub on Whole Grain Roll Lettuce, Tomato, Onion, Pickle Carrot Sticks Choice of Fruit and Milk	30 Breakfast Sandwich 

Alt. Pizza Sticks

Alt. Yogurt w/ Nature Valley Graham Crackers

Alt. Hot dog on Whole Grain Roll

Alt. Chicken Patty On Whole Grain Roll

Alt. Fish Sticks with Whole Grain Roll

Choice of 1% White, non fat Chocolate, Strawberry and White Milk served with lunch every day

Peanut Butter & Jelly Sandwich is offered daily as the third entrée choice

Menu subject to change without notice

Student Breakfast \$1.40

Student Lunch \$2.50

Milk \$.50



To check your child's lunch account or to prepay for meals, visit [www.k12paymentcenter.com](http://www.k12paymentcenter.com)

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