




2024 Middle Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 HAPPY LABOR DAY! 	3 PANCAKES Pizza Tossed Salad Whole Grain Cookie Choice of Fruit Choice of Milk	4 YOGURT PARFAIT Grilled Cheese on Whole Grain Bread Tomato Soup with Crackers Steamed Broccoli Choice of Fruit and Milk	5 WAFFLES Breaded Chicken Filet Sandwich Glazed Carrots Fries Choice of Fruit and Milk	6 BREAKFAST SANDWICH Traveling Tacos w/ Meat, Cheese & Salsa Fiesta Black Beans Churro Choice of Fruit and Milk
9 BREAKFAST PASTRY Cheese Stuffed Garlic Twists w/ Marinara Sauce Caesar Salad Onion Rings Choice of Fruit and Milk	10 BREAKFAST BURRITO General Tso Chicken Fried Rice Steamed Broccoli Fortune Cookie Choice of Fruit and Milk	11 YOGURT PARFAIT Hot Dog on Whole Grain Roll Macaroni & Cheese Buttered Peas Choice of Fruit and Milk	12 EGG & CHEESE STUFFED HASHBROWN Chicken Tenders w/ Whole Grain Roll Au Gratin Potatoes California Blend Vegetables Choice of Fruit and Milk	13 BREAKFAST SANDWICH Breaded Ravioli w/ Marinara Sauce Steamed Broccoli Texas Toast Choice of Fruit and Milk
16 BREAKFAST BREAD/MUFFINS Chili Served w/ Cheddar and Sour Cream Garden Salad Cornbread Choice of Fruit and Milk	17 PANCAKES Baked Chicken Drumstick Whole Grain Roll Mashed Potatoes & Gravy Mixed Vegetables Choice of Fruit and Milk	18 YOGURT PARFAIT Orange Chicken Over Brown Rice Oriental Vegetable Blend Fortune Cookie Choice of Fruit and Milk	19 WAFFLES Beef Burrito w/ Cheese Refried Beans Brown Rice Lettuce, Tomato & Salsa Choice of Fruit and Milk	20 BREAKFAST SANDWICH Chicken Alfredo w/ Penne Pasta Steamed Broccoli Garlic Bread Choice of Fruit and Milk
23 BREAKFAST PASTRY Cheese or Western Omelet Cornbread Hash Brown Celery w/ Peanut Butter Choice of Fruit and Milk	24 BREAKFAST BURRITO Pizza Caesar Salad Whole Grain Cookie Choice of Fruit Choice of Milk	25 YOGURT PARFAIT Crunchy Fish Sandwich w/ Tartar Sauce Fries Seasoned Green Beans Choice of Fruit and Milk	26 EGG & CHEESE STUFFED HASHBROWN Cowboy Quesadilla Texas Ranchero Beans Hush Puppies Fresh Veggies & Dip Choice of Fruit and Milk	27 BREAKFAST SANDWICH Beef Fiestada Mexican Fiesta Rice Buttered Corn Choice of Fruit Choice of Milk
30 BREAKFAST BREAD/MUFFINS Meatballs & Pasta w/ Marinara Sauce Garlic Bread Buttered Peas Choice of Fruit and Milk				
Deli Sandwich Lettuce, Tomato, Onoin & Pickles OR Peanut Butter & Jelly	Deli Sandwich Lettuce, Tomato, Onoin & Pickles OR Peanut Butter & Jelly	Deli Sandwich Lettuce, Tomato, Onoin & Pickles OR Peanut Butter & Jelly	Deli Sandwich Lettuce, Tomato, Onoin & Pickles OR Peanut Butter & Jelly	Deli Sandwich Lettuce, Tomato, Onoin & Pickles OR Peanut Butter & Jelly


****BREAKFAST****
Assorted Cereal
Gluten Free Options Available

ZeeZees Breakfast Bars
Nut, Dairy, Egg & Sesame Free

Assorted Fruit
100% Fruit Juice
Assorted Milk
Served Every Day

****LUNCH****
Sides Come With All Lunch
Options
Fresh Carrot & Apple Packs
****Served Every Day****
A Variety of Fresh, Canned
and/or Frozen Fruit and
Fresh Vegetables
****Served Every Day****

Choice of Milk



**"Happy September! The world shall now transform into pumpkin everything."
-Keith Wynn**



Menu subject to change without notice
Student Breakfast FREE
Student Lunch \$2.50
Milk & Juice \$0.50

"This institution is an equal opportunity provider"

