

Middle School Menu


November 2018

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|--|--|--|---|--|
| | | | | November 1 | November 2 |
| Breakfast | Harvest of the Month: Squash Winter Squash are loaded with vitamins A and C and provide about the same amount of potassium as bananas! There are over 15 different types of nutritious winter squash! | | | Berry Apple Crisp Bar & String Cheese | Egg & Cheese Sandwich |
| Main Entrée | | | | Chicken Alfredo Whole Grain Roll | Galaxy Cheese Pizza |
| Option 2 | | | | Mini Cheese Burger Sliders | Roasted Butternut Squash |
| Option 3 | | | | PB & J Or Yogurt Meal | PB & J Or Yogurt Meal |
| | | | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday |
| | November 5 | November 6 | November 7 | November 8 | November 9 |
| Breakfast | Pumpkin Bread | Vanilla Greek Yogurt Parfait & Granola | Mini Cinni | Cheese Omelet & Toast | Cinnamon French Toast |
| Main Entrée | Orange Chicken & Brown Rice | Nachos Grande | BBQ Beef Rib Sandwich | Turkey Gravy Mashed Potatoes & Whole Grain Roll | Pulled Pork Sandwich Baby Bakers |
| Option 2 | Cheese Quesadilla With Salsa | Beef or Bean & Cheese Burrito | Spicy Chicken Patty Sandwich | Cheese Breadsticks & Marinara Sauce | Cheese Pizza Rippers |
| Option 3 | PB & J Or Yogurt Meal | Cheese Pizza Quesadilla | PB & J Or Yogurt Meal | PB & J Or Yogurt Meal | PB & J Or Yogurt Meal |
| | | | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday |
| | November 12 | November 13 | November 14 | November 15 | November 16 |
| Breakfast | No School | Lemon Greek Yogurt Parfait & Granola | Whole Grain Oatmeal with Sunflower Seeds | Cocoa Cherry Bar & String Cheese | Berries & Cream Breakfast Bar |
| Main Entrée | | Nachos Grande | Roasted Chicken Cornbread Muffin | Chicken Tortilla Soup Texas Cheese Toast | Corn Dog Goldfish Crackers Chocolate Chip Cookie |
| Option 2 | | Beef or Bean & Cheese Burrito | Cheese Lasagna Roll-Up Garlic Toast | Spicy Chicken Patty Sandwich | Veggie Sliders Goldfish Crackers Chocolate Chip Cookie |
| Option 3 | | Cheese Pizza Quesadilla | PB & J Or Yogurt Meal | PB & J Or Yogurt Meal | PB & J Or Yogurt Meal |

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Middle Schools Menu

November 2018

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------|---------------------------------------|--|--|--|--|
| | November 19 | November 20 | November 21 | November 22 | November 23 |
| Breakfast | Chef's Choice | Chef's Choice |  | | |
| Main Entrée | Chef's Choice | Chef's Choice | | | |
| Option 3 | PB & J Or Yogurt Meal | PB & J Or Yogurt Meal | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday |
| | November 26 | November 27 | November 28 | November 29 | November 30 |
| Breakfast | Buttermilk Bar | Vanilla Greek Yogurt Parfait & Granola | Mini Pancake Wraps | Breakfast Pizza Bagel | Egg & Cheese Sandwich |
| Main Entrée | Sweet Chili Thai Chicken & Brown Rice | Nachos Grande | Meatball Sub Sandwich | Chicken Butternut Squash Curry with Rice | BBQ Chicken Drumstick & Homemade Cornbread |
| Option 2 | Cheese Breadsticks Marinara Sauce | Beef or Bean & Cheese Burrito | Mini Cheese Ravioli Whole Grain Roll | French Bread Pizza | Cheese Pizza |
| Option 3 | PB & J Or Yogurt Meal | Cheese Pizza Quesadilla | PB & J Or Yogurt Meal | PB & J Or Yogurt Meal | PB & J Or Yogurt Meal |

Eat School Breakfast

Breakfast is served every morning before school. Students have a choice of cereal & cinnamon crisp granola bar offered daily in addition to a hot entrée choice. The meal is served with fruit, 100% juice and milk.

Salads, fresh fruit & vegetables, & milk offered daily with lunch. A vegetarian choice is also available every day. Pork is rarely served and is always clearly marked in Secondary Schools.

Questions? Call the Nutrition Services Office at 206-631-3010. Menu subject to change. *This institution is an equal opportunity provider.*
Updated 10/25/18

