

# Middle School Menu

## BREAKFAST

	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	<b>Turkey Sausage Breakfast Pizza</b> <b>OR</b> <b>Breakfast Pastry Bar</b>	<b>Sausage Eggs &amp; Waffle Platter</b> <b>OR</b> <b>Cinnamon Burst Bread</b>	<b>Cinnamon Glazed Pancakes</b> <b>OR</b> <b>Kolache with Cheese</b>	<b>Sausage &amp; Cheese Breakfast Sandwich</b> <b>OR</b> <b>Cinnamon Burst Bread</b>	<b>Glazed WG Donut</b> <b>OR</b> <b>French Toast Sticks</b>
Fruit & Juice	Fresh Orange  Pineapple Tidbits	Fresh Apple  Mandarin Oranges	Fresh Orange  Diced Pears	Fresh Banana  Mixed Fruit	Fresh Orange  Sliced Peaches
	Apple, Grape or Orange Juice	Apple, Grape or Orange Juice	Apple, Grape or Orange Juice	Apple, Grape or Orange Juice	Apple, Grape or Orange Juice
Offered Daily	CEREAL: Cocoa Puffs, Lucky Charms & Cinnamon Toast Crunch  Yogurt with Graham Crackers	CEREAL: Cocoa Puffs, Lucky Charms & Cinnamon Toast Crunch  Yogurt with Graham Crackers	CEREAL: Cocoa Puffs, Lucky Charms & Cinnamon Toast Crunch  Yogurt with Graham Crackers	CEREAL: Cocoa Puffs, Lucky Charms & Cinnamon Toast Crunch  Yogurt with Graham Crackers	CEREAL: Cocoa Puffs, Lucky Charms & Cinnamon Toast Crunch  Yogurt with Graham Crackers
Milk	While Milk (1% or Non-Fat)	While Milk (1% or Non-Fat)	While Milk (1% or Non-Fat)	While Milk (1% or Non-Fat)	While Milk (1% or Non-Fat)

NO ITEMS CONTAIN PORK

# Middle School Menu

## LUNCH

### CYCLE 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Entrée</b>	<b>All American Meal</b> (Mini Hot Dog, Chicken Slider and TX Toast)	<b>Chicken Tenders w. Texas Toast</b>	<b>Italian Pasta Bake</b>	<b>Crispitos w. Cheese Sauce</b>	<b>Chicken Biscuit with Cheese</b>
<b>Daily Options</b>	Baked Potato w. Breadstick or Yogurt Parfait with Granola	Baked Potato w. Breadstick or Fajita Chicken Salad	Baked Potato w. Breadstick or Yogurt Parfait with Granola	Baked Potato w. Breadstick or Chicken Bacon Ranch Salad	Baked Potato w. Breadstick or Yogurt Parfait with Granola
<b>Fruit</b>	Fresh Apple or Mandarin Oranges	Fresh Orange or Sliced Peaches	Fresh Banana or Mixed Berry Cup	Red Grapes or Pineapple Tidbits	Fresh Apple or Peach Cup
<b>Veg</b>	Baby Carrot Package and/or Roasted Zucchini	Mashed Potatoes w. Gravy and/or Steamed Green Beans	Steamed Corn and/or Parmesan Broccoli	Peas and Carrots and/or Veggie Dippers	Baked Beans and/or Sweet Potato Waffle Fries
<b>Milk</b>	White (1% or Non-fat) or Chocolate (Non-fat)	White (1% or Non-fat) or Chocolate (Non-fat)	White (1% or Non-fat) or Chocolate (Non-fat)	White (1% or Non-fat) or Chocolate (Non-fat)	White (1% or Non-fat) or Chocolate (Non-fat)

### CYCLE 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Entrée</b>	<b>Chicken Nuggets w. Texas Toast</b>	<b>Beef Nachos</b>	<b>Teriyaki Chicken w. Brown Rice &amp; Eggroll</b>	<b>Chicken Alfredo</b>	<b>Chili Cheese Hotdog</b>
<b>Daily Options</b>	Baked Potato w. Breadstick or Yogurt Parfait with Granola	Baked Potato w. Breadstick or Fajita Chicken Salad	Baked Potato w. Breadstick or Yogurt Parfait with Granola	Baked Potato w. Breadstick or Chicken Bacon Ranch Salad	Baked Potato w. Breadstick or Yogurt Parfait with Granola
<b>Fruit</b>	Fresh Apple or Mandarin Oranges	Fresh Orange or Sliced Peaches	Fresh Banana or Mixed Berry Cup	Red Grapes or Pineapple Tidbits	Fresh Apple or Peach Cup
<b>Veg</b>	Carrots and/or Green Beans	Black Beans and/or Street Corn	Roasted Broccoli and/or Steamed Sugar Snap Peas	Peas and Carrots and/or Veggie Dippers	Baked Beans and/or Sweet Potato Waffle Fries
<b>Milk</b>	White (1% or Non-fat) or Chocolate (Non-fat)	White (1% or Non-fat) or Chocolate (Non-fat)	White (1% or Non-fat) or Chocolate (Non-fat)	White (1% or Non-fat) or Chocolate (Non-fat)	White (1% or Non-fat) or Chocolate (Non-fat)

### CYCLE 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Entrée</b>	<b>Oven Baked Breaded Chicken w. Mac &amp; Cheese</b>	<b>Frito Pie and Cornbread</b>	<b>Chicken &amp; Waffles</b>	<b>Spicy Boneless Wings with WG Roll</b>	<b>Chicken Fried Steak Sandwich</b>
<b>Daily Options</b>	Baked Potato w. Breadstick or Yogurt Parfait with Granola	Baked Potato w. Breadstick or Fajita Chicken Salad	Baked Potato w. Breadstick or Yogurt Parfait with Granola	Baked Potato w. Breadstick or Chicken Bacon Ranch Salad	Baked Potato w. Breadstick or Yogurt Parfait with Granola
<b>Fruit</b>	Fresh Apple or Mandarin Oranges	Fresh Orange or Sliced Peaches	Fresh Banana or Mixed Berry Cup	Red Grapes or Pineapple Tidbits	Fresh Apple or Peach Cup
<b>Veg</b>	Mashed Potatoes and/or Parmesan Broccoli	Corn and/or Peas & Carrots	Veggie Dippers and/or Sweet Potato Waffle Fries	Carrots and/or Roasted California Blend Veg	Baked Beans and/or Tater Tots
<b>Milk</b>	White (1% or Non-fat) or Chocolate (Non-fat)	White (1% or Non-fat) or Chocolate (Non-fat)	White (1% or Non-fat) or Chocolate (Non-fat)	White (1% or Non-fat) or Chocolate (Non-fat)	White (1% or Non-fat) or Chocolate (Non-fat)

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# Middle School Menu

## Snack Shop Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Chicken Tender Basket (Tenders, Toast, Fries & Gravy)  Pizza: Cheese, Pepperoni or Buffalo Chicken  Spicy or Regular Chicken Sandwich	Hamburger or Cheeseburger (with Lettuce, Pickles & Tomatoes)  Personal Pizza: Pepperoni or Cheese  Spicy or Regular Chicken Sandwich	Chicken Tender Basket (Popcorn Chicken, Toast & Gravy)  Pizza: Cheese, Pepperoni or Buffalo Chicken  Spicy or Regular Chicken Sandwich	Hamburger or Cheeseburger (with Lettuce, Pickles & Tomatoes)  Personal Pizza: Pepperoni or Cheese  Spicy or Regular Chicken Sandwich	Mini Corn Dog Basket (Corndogs, Tots or Fries & Toast)  Pizza: Cheese, Pepperoni or Buffalo Chicken  Spicy or Regular Chicken Sandwich
Fruit Veg Milk	SAME AS MAIN LINE				