



**Our Mission:**  
*The purpose of the Child Nutrition Program, in partnership with our school community, is to provide healthy and balanced meals by offering excellent service, while promoting nutrition and wellness.*

**Albemarle County Public Schools  
 Middle School Menu  
 August—November 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b>				
<b><u>Breakfast</u></b> Sausage, Egg and Cheese Bagel  <b><u>Lunch</u></b> Local Hummus Platter Crispy Chicken Sandwich French Fries Fresh Veggies Assorted Fruit	<b><u>Breakfast</u></b> Breakfast Pizza  <b><u>Lunch</u></b> Grilled Chicken Salad Cheezy Bread w/ Sauce Steam Broccoli Toss Salad Assorted Fruit	<b><u>Breakfast</u></b> Muffin  <b><u>Lunch</u></b> Asian Chicken Salad Chicken Nuggets w/Garlic Stick Whipped Potatoes Seasoned Green Beans Tossed Salad w/ Dressing Assorted Fruit	<b><u>Breakfast</u></b> Breakfast Sandwich  <b><u>Lunch</u></b> Taco Salad Chili / Cheese Nachos Refried Beans Assorted Fruit	<b><u>Breakfast</u></b> Waffle  <b><u>Lunch</u></b> Chef's Salad Asian Chicken Manager's Choice Brown Rice Stir Fry Vegetables Mini Carrots/Assorted Fruit
<b>Week 2</b>				
<b><u>Breakfast</u></b> Sausage, Egg and Cheese Bagel  <b><u>Lunch</u></b> Local Hummus Platter Pork BBQ on Bun Baked Beans Creamy Coleslaw Assorted Fruit	<b><u>Breakfast</u></b> Breakfast Pizza  <b><u>Lunch</u></b> Grilled Chicken Salad Pasta & Meatballs w/ Garlic Stick Steamed Broccoli Tossed Salad w/ Dressing Assorted Fruit	<b><u>Breakfast</u></b> Muffin  <b><u>Lunch</u></b> Asian Chicken Salad Popcorn Chicken w/Waffle Tater Tots Seasoned Green Beans Assorted Fruit	<b><u>Breakfast</u></b> Breakfast Sandwich  <b><u>Lunch</u></b> Tuna Salad Platter Crispy Chicken Sandwich Whole Kernel Corn Fresh Veggies Assorted Fruit	<b><u>Breakfast</u></b> Waffle  <b><u>Lunch</u></b> Chef's Salad Southwest Chicken Wrap Manager's Choice French Fries Mini Carrots Assorted Fruit
<b>Week 3</b>				
<b><u>Breakfast</u></b> Sausage, Egg and Cheese Bagel  <b><u>Lunch</u></b> Local Hummus Platter Crispy Drumstick w/ Corn Muffin French Fries Tossed Salad w/ Dressing Assorted Fruit	<b><u>Breakfast</u></b> Breakfast Pizza  <b><u>Lunch</u></b> Grilled Chicken Salad Cheezy Bread w/ Sauce Steamed Broccoli Assorted Fruit	<b><u>Breakfast</u></b> Muffin  <b><u>Lunch</u></b> Asian Chicken Salad Crispy Fish Sandwich Roasted Potatoes & Veggies Tossed Salad w/ Dressing Assorted Fruit	<b><u>Breakfast</u></b> Breakfast Sandwich  <b><u>Lunch</u></b> Taco Salad Chili / Cheese Nachos Refried Beans Fresh Veggies Assorted Fruit	<b><u>Breakfast</u></b> Waffle  <b><u>Lunch</u></b> Chef's Salad Chicken and Veggie Dumpling Manager's Choice Brown Rice Stir Fry Vegetables Mini Carrots / Assorted Fruit
<b>Week 4</b>				
<b><u>Breakfast</u></b> Sausage, Egg and Cheese Bagel  <b><u>Lunch</u></b> Local Hummus Platter Mac & Cheese w/Garlic Stick Baked Beans Fresh Veggies Assorted Fruit	<b><u>Breakfast</u></b> Breakfast Pizza  <b><u>Lunch</u></b> Grilled Chicken Salad Cheeseburger Tater Tots Mini Carrots w/ Ranch Assorted Fruit	<b><u>Breakfast</u></b> Muffin  <b><u>Lunch</u></b> Asian Chicken Salad Popcorn Chicken w/Garlic Stick Whipped Potatoes Seasoned Green Beans Assorted Fruit	<b><u>Breakfast</u></b> Breakfast Sandwich  <b><u>Lunch</u></b> Tuna Salad Platter Crispy Chicken Sandwich Whole Kernel Corn Fresh Veggies Assorted Fruit	<b><u>Breakfast</u></b> Waffle  <b><u>Lunch</u></b> Chef's Salad Southwest Chicken Wrap Manager's Choice French Fries Fresh Broccoli Assorted Fruit

August/September 2022

M	T	W	Th	F
22	23	24	25	26
29	30	31	1	2
5	4	5	6	7
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

October 2022

M	T	W	Th	F
3	2	3	4	5
10	9	10	11	12
17	16	17	18	19
24	25	26	27	28
31	1	2	3	4

November 2022

M	T	W	T	F
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	1	2

**MEAL PRICES**

Breakfast K-12	\$1.75
Reduced Price Breakfast	\$0.00
Lunch: Elementary	\$3.25
Lunch: Middle-High	\$3.45
Reduced Price Lunch	\$0.00
Adult/ Visitor Meals	Ala Carte
Ala Carte Milk	Price \$0.65

**Daily Offerings**

**Daily Breakfast Offerings**  
 Cereal w/Graham Cracker  
 Assorted Juice and Fruit  
 Fat Free or 1 %Milk  
**Daily Lunch Offerings**  
 Assorted Pizza  
 Assorted Subs  
 Crackers offered w/Meal Salads  
 Peanut Butter Jelly Sandwich  
 w/String Cheese & Crackers  
 Fresh Veggie and Fresh Fruit  
 Fat Free or 1 %Milk

**EVERY WEEK GRAB-N-GO LINE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Tenders Garlic Stick Tater Tots	Spicy Chicken Sandwich Tater Tots	Corn Dog Tater Tots	Breaded Cheese Sticks w/ sauce Tater Tots	Hot & Honey Popcorn Chicken Garlic Stick Tater Tots

USDA is an equal opportunity provider and employer.