

Martin Meylin Middle School

December 2022

Breakfast Menu: Available daily in the cafeteria OR Breakfast Cart (7:10am to 7:30am) Cost: **FREE** All Breakfasts are served with fruit and choice of milk. Assortment of cereals, breakfast bars and pop tarts are always available.

MONDAYS: Dutch Waffles

TUESDAYS: Sausage, Egg, Cheese Biscuit

WEDNESDAYS: Breakfast Pizza

THURSDAYS: Bacon, Egg, Cheese Croissant

FRIDAYS: Pancake Sausage Nuggets

11/28	11/29 Maxx Cheese Sticks/Marinara Romaine Tossed Salad Assorted Fruit & Milk Alt: Mini Ranch Pierogis	11/30 Bacon Cheeseburger Pasta Salad Baked Beans Assorted Fruit & Milk Alt. Black Bean Burger	12/1 Fish N' Chips Chips = Waffle Fries L-S Cole Slaw Assorted Fruit & Milk Alt: Chicken Parm Sandwich	12/2 French Bread Pizza Steamy Broccoli WG Cheez-Its Assorted Fruit & Milk Alt. Cheesesteak Sandwich
12/5 Chicken Drumsticks Baked Potatoes Seasoned Mixed Veggies Assorted Fruit & Milk Alt. Chicken Alfredo	12/6 Hot Dog or Chili Dog Cinnamon Dusted Sweet Fries Crunchy Chickpeas Assorted Fruit & Milk Alt: Chili with Cornbread	12/7 Ham/Chs on Pretzel Roll L-S Chicken Corn Soup Assorted Fruit & Milk Alt: Cheesy Pull Aparts	8 General Tso's Chicken Fried Rice Steamy Broccoli Assorted Fruit & Milk Alt. Asian Dumplings	9 Stromboli/Marinara Sauce Romaine Tossed Salad WG Cookie Assorted Fruit & Milk Alt. Meatball Parm Sub
12 Creamy Mac & Cheese Steamy Peas Assorted Fruit & Milk Alt. Beef Ravioli's	13 Popcorn Chicken Creamy Broccoli Soup WG Cookie Assorted Fruit & Milk Alt. Cheddar Turkey Burger	14 Roast Turkey/Gravy Whipped Potatoes WG Breadstick Assorted Fruit & Milk Alt: Mini Cheese Calzones	15 Sausage and French Toast OR Scrambled Eggs & FT Hash Browns Assorted Fruit & Milk	16 DOMINOS PIZZA Romaine Tossed Salad Hummus/Celery Assorted Fruit & Milk Alt. Shrimp Po' Boy
19 Chicken Nuggets Loaded Mashed Potatoes Seasoned Green Beans Assorted Fruit & Milk Alt. Pork BBQ Sandwich	20 Walking Taco Bean Dip Corn Assorted Fruit & Milk Alt. Chicken Fajita	21 Grilled Cheese Sandwich Tomato Soup WG Goldfish Crackers Assorted Fruit & Milk Alt. Sloppy Joe Sandwich	22 Baked Ziti Romaine Tossed Salad Garlic Knot Assorted Fruit & Milk Alt. Chicken Cheesesteak	23 Cheese Quesadilla/Salsa Tater Tots WG Cookie Assorted Fruit & Milk Alt. Seasoned Mozz Bites

MENU SUBJECT TO CHANGE

Student Lunch: \$3.00

Offered Daily:

A la Carte Milk: \$0.60

Adult Lunch: \$5.00

Peanut Butter & Jelly Sandwich Assorted Cold Subs/Wraps Pizza

A La Carte Drinks and Snacks and Ice Cream

Salad Entrée/Protein Baby Carrots and/or Celery Sticks

All Grain Offerings are Whole Grain / All Rolls Include Promise® Margarine

(This institution is an equal opportunity provider and employer.)

Soup is available at an A La Carte Price only.

