

2023 2024 CPCSC MIDDLE SCHOOL BREAKFAST/LUNCH MENU BREAKFAST \$1.60 LUNCH \$2.65

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------------|---|---|---|--|---|
| BREAKFAST ALL WEEKS | WG Cream Cheese Bagel WG French toast Sticks Juice, Fruit & Milk | WG Cereal 2 grain WG Oatmeal bar Juice, Fruit & Milk | WG Banana Bread WG Cinni Minni Juice, Fruit & Milk | WG Confetti Pancakes Whole Grain Donut Juice, Fruit & Milk | WG Poptarts WG Pancake Wrap Juice, Fruit & Milk |
| LUNCH WEEK ONE | WG Pizza WG Turkey Sub Low Fat Milk | | | | |
| | Country Chicken Mashed Potatoes and Gravy Carrot Sticks Canned Fruit / Fresh Fruit | Quesadilla/ WG Nacho Refried Beans / Corn Tomatoes Canned Fruit / Fresh Fruit | Pasta with Bosco Stick Green Beans Garden Salad Canned Fruit / Fresh Fruit | WG Cheeseburger WG Corn Dog French Fries Carrot Sticks Canned Fruit / Fresh Fruit | WG Pretzel & Cheese WG Breaded Chicken Sand- wich Steamed Broccoli Fresh Veggies Fresh Fruit |
| LUNCH WEEK TWO | WG Pizza WG Ham Sub Low Fat Milk | | | | |
| | WG Chicken Tenders / WG Roll Meatball Sub Steamed Broccoli /Carrot Sticks Canned Fruit / Fresh Fruit | WG Taco / WG Nacho Refried Beans / Spanish Rice Cherry Tomatoes Canned Fruit / Fresh Fruit | Pasta with Bosco Stick Green Beans Garden Salad Canned Fruit / Fresh Fruit | WG Popcorn Chicken WG Chicken Drumstick Mashed Potatoes /WG Roll Corn / Carrot Sticks Canned Fruit / Fresh Fruit | WG Pizza Crunchers WG Chicken Sandwich Carrots / Fresh Veggies Canned Fruit Fresh Fruit |
| LUNCH WEEK THREE | WG Pizza WG Turkey Sub Low Fat Milk | | | | |
| | WG Orange Chicken WG Mozzarella Sticks w Marinara WG Brown Rice Steamed Broccoli Carrot Sticks Canned Fruit / Fresh Fruit | Pizza Crunchers Chili Mac Green Beans Red & Green Peppers Canned Fruit / Fresh Fruit | WG Bosco Sticks WG Corn Dog Baked Beans Garden Salad Canned Fruit / Fresh Fruit | WG Chicken Nuggets / WG Roll Honey Sriracha Chicken Tater Tots Sliced Cucumbers Canned Fruit / Fresh Fruit | Ravioli with Bread Stick Rib Sandwich Carrots Fresh Veggies Fresh Fruit |

| August | | | | |
|--------|----|----|----|----|
| M | T | W | TH | F |
| | | | | |
| | | | | |
| | | 16 | 17 | 18 |
| 21 | 22 | 23 | 24 | 25 |
| 28 | 29 | 30 | 31 | |

| September | | | | |
|-----------|----|----|----|----|
| M | T | W | TH | F |
| | | | | 1 |
| 4 | 5 | 6 | 7 | 8 |
| 11 | 12 | 13 | 14 | 15 |
| 18 | 19 | 20 | 21 | 22 |
| 25 | 26 | 27 | 28 | 29 |

| October | | | | |
|---------|----|----|----|----|
| M | T | W | TH | F |
| 2 | 3 | 4 | 5 | 6 |
| 9 | 10 | 11 | 12 | 13 |
| 23 | 24 | 25 | 26 | 27 |
| 30 | 31 | | | |

Fall Break: October 16-20

All menus follow the recommended federal school lunch guidelines and adhere to the Crown Point Schools nutritional policy. These meals offer students proteins, grains, milk, fresh fruits and vegetables while also adhering to the strict limits on portion sizes, sodium and saturated fat.

CONTACT US:
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Free & Reduced Benefits Coordinator - Shelly Hillegonds—mhillegonds@cps.k12.in.us

CPCSC and our food services team is an equal opportunity provider.

Please visit our website at www.cps.k12.in.us for:

- Online payments for My MealTime
- Nutritional information for all products
- Free and reduced applications
- Allergy information (call us to help plan a menu if your child has dietary restrictions)