

# July/August Menu Middle School



| Week 1           | 7/24<br>Wednesday   |  | 7/25<br>Thursday  |  | 7/26<br>Friday   |  |
|------------------|---|--|---|--|--|--|
| <b>Breakfast</b> | WG Chocolate Donuts<br>Cereal (25)w/ Power Snacks(7)                              |  | Pancake Sandwich<br>Cereal (25)w/ String Cheese   |  | Frudel Varies by month<br>Cereal (25)w/ Power Snacks(7)  |  |
| <b>Lunch</b>     | Chix Tenders<br>Dinner Roll<br>or<br>Cheese/Pepperoni Pizza<br>Sweet Potato Fries |  | BBQ Beef Rib Sandwich<br>WG Bun<br>or<br>Turkey & Cheese Munchable<br>Cheese/Pepperoni Pizza<br>Baked Beans |  | Super Nachos<br>or<br>Cheese/Pepperoni Pizza<br>Guacamole<br>Celery Sticks                       |  |
| Vegetable        |   |  |   |  |  |  |
| Week 2           | 7/29<br>Monday  |  | 7/30<br>Tuesday   |  | 7/31<br>Wednesday  |  |
| <b>Breakfast</b> | 4oz Yogurt/Giant Goldfish<br>Cereal w/ Power Snacks                               |  | Breakfast Pizza<br>Cereal (25)w/ String Cheese  |  | Cinnamon Roll<br>Cereal (25)w/ Graham (19)   |  |
| <b>Lunch</b>     | Mini Corn Dogs<br>or<br>Cheese/Pepperoni Pizza<br>Tater Smiles                    |  | Turkey Croissant<br>or<br>Turkey & Cheese Munchable<br>Cheese/Pepperoni Pizza<br>Steamed Carrots            |  | Breaded Chx Drum (2)<br>WG Roll<br>or<br>Cheese/Pepperoni Pizza<br>Baked Beans                   |  |
| Vegetable        |   |  |   |  |  |  |
| Week 3           | 8/5<br>Monday   |  | 8/6<br>Tuesday  |  | 8/7<br>Wednesday   |  |
| <b>Breakfast</b> | Breakfast Bar<br>Cereal (25)w/ Power Snacks(7)                                    |  | Cheese Omelet IW<br>Cereal (25)w/ String Cheese   |  | WG Powdered Donuts<br>Cereal (25)w/ Graham (19)  |  |
| <b>Lunch</b>     | Enchiladas<br>or<br>Cheese/Pepperoni Pizza<br>Refried Beans                       |  | Pot Stickers<br>or<br>Turkey & Cheese Munchable<br>Cheese/Pepperoni Pizza<br>Spinach Mandarin Salad         |  | Breaded Chicken sandwich<br>or<br>Cheese/Pepperoni Pizza<br>Sweet Waffle Fries                   |  |
| Vegetable        |   |  |   |  |  |  |
| Week 4           | 8/12<br>Monday  |  | 8/13<br>Tuesday   |  | 8/14<br>Wednesday  |  |
| <b>Breakfast</b> | Benefit Bars<br>Cereal (25)w/ Power Snacks(7)                                     |  | Turkey Egg Bites<br>Cereal (25)w/ String Cheese   |  | Muffin Varies by Month<br>Cereal (25)w/ Power Snacks(7)  |  |
| <b>Lunch</b>     | Beef Sliders<br>or<br>Cheese/Pepperoni Pizza<br>Ranch Beans                       |  | Chicken Penne Alfredo<br>or<br>Turkey & Cheese Munchable<br>Cheese/Pepperoni Pizza<br>Carroteenies          |  | Mozzarella Pull-Apart<br>Dinner Roll(11)<br>or<br>Cheese/Pepperoni Pizza<br>Steamed Veggie Blend |  |
| Vegetable        |   |  |   |  |  |  |
| Week 1           | 8/19<br>Monday  |  | 8/20<br>Tuesday   |  | 8/21<br>Wednesday  |  |
| <b>Breakfast</b> | 2ct Poptart (2g)<br>Cereal (25)w/ Power Snacks(7)                                 |  | Breakfast Burrito<br>Cereal (25)w/ String Cheese  |  | WG Chocolate Donuts<br>Cereal (25)w/ Power Snacks(7)   |  |
| <b>Lunch</b>     | Hamburgers/Cheeseburgers<br>or<br>Cheese/Pepperoni Pizza<br>French Fries          |  | (3) Wings & Mac (6oz)<br>or<br>Turkey & Cheese Munchable<br>Cheese/Pepperoni Pizza<br>Romaine Caesar        |  | Chix Tenders<br>or<br>Cheese/Pepperoni Pizza<br>Sweet Potato Fries                               |  |
| Vegetable        |   |  |   |  |  |  |
| Week 2           | 8/26<br>Monday  |  | 8/27<br>Tuesday   |  | 8/28<br>Wednesday  |  |
| <b>Breakfast</b> | 4oz Yogurt/Giant Goldfish<br>Cereal w/ Power Snacks                               |  | Breakfast Pizza<br>Cereal (25)w/ String Cheese  |  | Cinnamon Roll<br>Cereal (25)w/ Graham (19)   |  |
| <b>Lunch</b>     | Mini Corn Dogs<br>or<br>Cheese/Pepperoni Pizza<br>Tater Smiles                    |  | Philly Cheesesteak<br>or<br>Turkey & Cheese Munchable<br>Cheese/Pepperoni Pizza<br>Steamed Carrots          |  | Breaded Chx Drum (2)<br>WG Roll<br>or<br>Cheese/Pepperoni Pizza<br>Bked Beans                    |  |
| Vegetable        |   |  |   |  |  |  |
| Week 3           | 8/29<br>Monday  |  | 8/30<br>Tuesday   |  | 8/31<br>Wednesday  |  |
| <b>Breakfast</b> | 4oz Yogurt/Giant Goldfish<br>Cereal w/ Power Snacks                               |  | Breakfast Pizza<br>Cereal (25)w/ String Cheese  |  | Cinnamon Roll<br>Cereal (25)w/ Graham (19)   |  |
| <b>Lunch</b>     | Mini Corn Dogs<br>or<br>Cheese/Pepperoni Pizza<br>Tater Smiles                    |  | Philly Cheesesteak<br>or<br>Turkey & Cheese Munchable<br>Cheese/Pepperoni Pizza<br>Steamed Carrots          |  | Breaded Chx Drum (2)<br>WG Roll<br>or<br>Cheese/Pepperoni Pizza<br>Bked Beans                    |  |
| Vegetable        |   |  |   |  |  |  |

**Offered Everyday at Breakfast:**

**1% White Milk  
Fat Free White Milk  
Fat Free Flavored Milk  
100% Fruit Juice**

**Offered Every Day at Lunch:**

**Fresh Fruit and Vegetable Bar  
1% White Milk  
Fat Free White Milk  
Fat Free Flavored Milk**

**All meals comply with the National School Breakfast and Lunch Programs for nutrition compliance.**

**( ) Indicates Carbohydrate Count**

**Menu Subject to change based on availability.**

**This institution is an equal opportunity provider.**