

# September Menu Middle School



**Week 3**

	9/3 Tuesday	9/4 Wednesday	9/5 Thursday	9/6 Friday
<b>Breakfast</b>	Cheese Omelet Cereal (25)w/ String Cheese	WG Powdered Donuts Cereal (25)w/ Graham (19)	Pancake Sausage Stick Cereal (25)w/ String Cheese	French Toast Stick Cereal(25) w/ GoGurt(14)
<b>Lunch</b>	Pot Stickers	Chicken Patty Sandwich	Breaded Ravioli	Chicken Nuggets
<b>Vegetable</b>	Turkey & Cheese Munchable (38) Cheese/Pepperoni Pizza California Vegetables 1/2	or Cheese/Pepperoni Pizza Sweet Waffle Fries	Turkey & Cheese Munchable (38) Cheese/Pepperoni Pizza Spinach Mandarin Salad	or Cheese/Pepperoni Pizza Tater Tots

**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

**Week 4**

	9/9 Monday	9/10 Tuesday	9/11 Wednesday	9/12 Thursday	9/13 Friday
<b>Breakfast</b>	Benefit Bars Cereal (25)w/ Power Snacks(7)	Turkey Egg Bites Cereal (25)w/ String Cheese	Muffin Varies by Month Cereal (25)w/ Power Snacks(7)	Egg Sandwich Cereal (25)w/ String Cheese	Strawberry Mini Bagels Cereal (25)w/ String Cheese
<b>Lunch</b>	Beef Sliders or Cheese/Pepperoni Pizza	Chicken Penne Alfredo Turkey & Cheese Munchable (38) Cheese/Pepperoni Pizza	Mozzarella Pull-Apart Dinner Roll(11) or Cheese/Pepperoni Pizza	Popcorn Chicken Bowl Turkey & Cheese Munchable (38) Cheese/Pepperoni Pizza	Mexican Pizza Cheese/Pepperoni Pizza
<b>Vegetable</b>	Ranch Beans	Carroteenies	Steamed Veggie Blend	Mashed Potatoes	Fresh Broccoli w/Ranch

**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.**

**Week 1**

	9/16 Monday	9/17 Tuesday	9/18 Wednesday	9/19 Thursday	9/20 Friday
<b>Breakfast</b>	2ct Poptart (2g) Cereal (25)w/ Power Snacks(7)	Breakfast Burrito Cereal (25)w/ String Cheese	WG Chocolate Donuts Cereal (25)w/ Power Snacks(7)	Pancake Sandwich (16) Cereal (25)w/ String Cheese	Frudel Varies by month (36) Cereal (25)w/ Power Snacks(7)
<b>Lunch</b>	Hamburgers/Cheeseburger:	Wings / Mac & Cheese Turkey & Cheese Munchable (38)	Chix Tenders (13) or Cheese/Pepperoni Pizza	BBQ Beef Rib Sandwich Fried Rice Turkey & Cheese Munchable (38)	Super Nachos or Cheese/Pepperoni Pizza
<b>Vegetable</b>	French Fries	Green Beans	Sweet Potato Fries (32)	Romaine Caesar	Refried Beans Celery Sticks

**Week 2**

	9/23 Monday	9/24 Tuesday	9/25 Wednesday	9/26 Thursday	9/27 Friday
<b>Breakfast</b>	4oz Yogurt/Giant Goldfish Cereal w/ Power Snacks	Breakfast Pizza Cereal (25)w/ String Cheese	Cinnamon Roll Cereal (25)w/ Graham (19)	Confetti Mini Pancakes Cereal (25)w/ String Cheese	Breakfast Carrot Cake Cereal(25) w/ GoGurt(14)
<b>Lunch</b>	Mini Corn Dogs or Cheese/Pepperoni Pizza	Philly Cheesesteak Turkey & Cheese Munchable (38) Cheese/Pepperoni Pizza	Breaded Chx Drum (2) WG Roll (11) or Cheese/Pepperoni Pizza	Orange Chicken Fried Rice Turkey & Cheese Munchable (38) Cheese/Pepperoni Pizza	Beef Taco Stick or Cheese/Pepperoni Pizza
<b>Vegetable</b>	Tater Smiles	Steamed Carrots	Bked Beans	Steamed Broccoli	Sliced Cucumbers