



# SMSD Middle Schools Breakfast and Lunch Menu - October 2024

For more info visit <https://www.smsd.org/about/departments/food-service> or <https://www.schoolcafe.com/SHAWNEEMISSION>

This institution is an equal opportunity provider.

## Breakfast - To Make a Meal, Students must select at least 3 items one must be a fruit or juice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week of: 10/7, 10/21</b>				
<b>Choice of Entree:</b> Feature - Waffle Cereal, Pop Tart, Muffin Scrambled Egg Fresh Fruit, Craisins*	<b>Choice of Entree:</b> Feature - Glazed Breakfast Bun Cereal, Pop Tart, Muffin Cheese Stick Apple Slice, Craisins*	<b>Choice of Entree:</b> Feature - Breakfast Pizza Cereal, Pop Tart, Muffin Overnight Oats Chilled Fruit, Craisins*	<b>Choice of Entree:</b> Feature - Chocolate Breakfast Bun Cereal, Pop Tart, Muffin Yogurt Fresh Fruit, Craisins*	<b>Choice of Entree:</b> Feature - Biscuit Breakfast Sandwich <sup>^</sup> Cereal, Pop Tart, Muffin Applesauce, Craisins*
<b>Week of: 9/30, 10/14 10/28</b>				
<b>Choice of Entree:</b> Feature - Pancake Cereal, Pop Tart, Muffin Scrambled Egg Fresh Fruit, Craisins*	<b>Choice of Entree:</b> Feature - Glazed Breakfast Bun Cereal, Pop Tart, Muffin Cheese Stick Apple Slices, Craisins*	<b>Choice of Entree:</b> Feature - Breakfast Bagel Cereal, Pop Tart, Muffin Overnight Oats Chilled Fruit, Craisins*	<b>Choice of Entree:</b> Feature - Chocolate Breakfast Bun Cereal, Pop Tart, Muffin Yogurt Fresh Fruit, Craisins*	<b>Choice of Entree:</b> Feature - Breakfast Croissant Sandwich <sup>^</sup> Cereal, Pop Tart, Muffin Applesauce, Craisins*

**Meal Prices**  
Breakfast  
Full Price - \$1.65  
Reduced - \$.30  
Visitor - 2.55

## Lunch - To Make a Meal, Students must select full portions of 3 components and one must be a 1/2 cup of fruit or vegetable.

Offered Daily at Breakfast and Lunch 100% Fruit Juice Apple, Orange and Apple Cherry Lowfat Milk White, Chocolate and Strawberry	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
<b>Offered Daily at Lunch</b> PBJ Sandwich & String Cheese Deli Sandwich**	<b>PUMPKIN SPICE DAY</b> <b>Choice of:</b> French Toast Sticks with Sausage Hamburger/Cheeseburger Ranchero Pizza Yogurt Smoothie & Cinn Crisps Hummus & Ranch Crisps <b>Served with:</b> Potato Smiles Fresh Cherry Tomatoes Fresh Broccoli Mixed Green Salad Fresh Oranges Chilled Pears	<b>Choice of:</b> Dumplings & Fried Rice Chicken Filet Sandwich Pizza Hut Pizza <sup>^</sup> Yogurt Parfait with Granola <b>Served with:</b> Fresh Baby Carrots Steamed Broccoli Fresh Cucumbers Mixed Green Salad Grapes Chilled Peaches Doritos	<b>Choice of:</b> Buffalo Chicken Bites with Roll Hamburger/Cheeseburger Buffalo Chicken Pizza Yogurt Smoothie & Cinn Crisps Hummus & Ranch Crisps <b>Served with:</b> Seasoned Broccoli Baked Beans* Mixed Green Salad Banana Chilled Applesauce	<b>CINNAMON ROLL DAY</b> <b>Choice of:</b> Chili Frito Pie Chicken Filet Sandwich Pizza Hut Pizza <sup>^</sup> Trix Yogurt with Granola <b>Served with:</b> Tater Tots Fresh Baby Carrots Mixed Green Salad Cinnamon Apples Chilled Pineapple Cinnamon Roll Bite*
**Daily Deli Sandwich Rotation: M - Ham & Cheese Wrap <sup>^</sup> Tu - Buffalo Chicken Wrap W - Ham & Cheese Croissant <sup>^</sup> Th - Buffalo Ranch Chicken Salad Croissant F - Ham & Cheese Sandwich <sup>^</sup>				
<b>MONDAY 7</b>	<b>TUESDAY 8</b>	<b>WEDNESDAY 9</b>	<b>THURSDAY 10</b>	<b>FRIDAY 11</b>
<b>Choice of:</b> Macaroni & Cheese Chicken Filet Sandwich Pizza Hut Pizza <sup>^</sup> Yogurt Parfait with Granola <b>Served with:</b> Seasoned Wedges Glazed Carrots Fresh Celery Mixed Green Salad Apple Slices Chilled Fruit Cocktail Cheetos	<b>Choice of:</b> Chicken Fingers & Roll Hamburger/Cheeseburger Ranchero Pizza Yogurt Smoothie & Cinn Crisps Hummus & Ranch Crisps <b>Served with:</b> Mashed Potatoes with Country Gravy* Fresh Broccoli Mixed Green Salad Fresh Oranges Chilled Pears	<b>Choice of:</b> Mandarin Orange Chicken with Rice Chicken Filet Sandwich Pizza Hut Pizza <sup>^</sup> Yogurt Parfait with Granola <b>Served with:</b> Fresh Baby Carrots Steamed Broccoli Fresh Cucumbers Mixed Green Salad Grapes Chilled Peaches Cookie	<b>Choice of:</b> Walking Taco Hamburger/Cheeseburger Buffalo Chicken Pizza Yogurt Smoothie & Cinn Crisps Hummus & Ranch Crisps <b>Served with:</b> Rancher Beans <sup>^</sup> Salsa Fresh Romaine Lettuce Banana Chilled Applesauce Frozen Fruit Cup	<b>NO SCHOOL</b> <b>GRADES Pre-K - 12</b>
<b>MONDAY 14</b>	<b>TUESDAY 15</b>	<b>WEDNESDAY 16</b>	<b>THURSDAY 17</b>	<b>FRIDAY 18</b>
<b>NO SCHOOL</b> <b>GRADES Pre-K - 12</b> <b>PROFESSIONAL LEARNING DAY</b>	<b>Choice of:</b> Chicken & Waffles Hamburger/Cheeseburger Ranchero Pizza Yogurt Smoothie & Cinn Crisps Hummus & Ranch Crisps <b>Served with:</b> Potato Smiles Red Bell Peppers Fresh Broccoli Mixed Green Salad Fresh Oranges Chilled Pears	<b>Choice of:</b> Philly Cheesesteak Sandwich Chicken Filet Sandwich Pizza Hut Pizza <sup>^</sup> Yogurt Parfait with Granola <b>Served with:</b> Fresh Baby Carrots Steamed Broccoli Fresh Cauliflower Mixed Green Salad Grapes Chilled Peaches Cheddar Goldfish Crackers	<b>Choice of:</b> Soft Tacos & Cilantro Lime Rice Hamburger/Cheeseburger Buffalo Chicken Pizza Yogurt Smoothie & Cinn Crisps Hummus & Ranch Crisps <b>Served with:</b> Seasoned Fries Refried- Beans* Salsa Fresh Romaine Lettuce Banana Chilled Applesauce Frozen Fruit Cup	<b>NO SCHOOL</b> <b>GRADES Pre-K - 12</b>
<b>MONDAY 21</b>	<b>TUESDAY 22</b>	<b>WEDNESDAY 23</b>	<b>THURSDAY 24</b>	<b>FRIDAY 25</b>
<b>Choice of:</b> Baked Penne with Meat Sauce Chicken Filet Sandwich Pizza Hut Pizza <sup>^</sup> Yogurt Parfait with Granola <b>Served with:</b> Green Peas Fresh Baby Carrots Fresh Celery Mixed Green Salad Apple Slices Chilled Mandarin Oranges Garlic Breadstick	<b>Choice of:</b> French Toast Sticks with Sausage Hamburger/Cheeseburger Ranchero Pizza Yogurt Smoothie & Cinn Crisps Hummus & Ranch Crisps <b>Served with:</b> Potato Smiles Fresh Cherry Tomatoes Fresh Broccoli Mixed Green Salad Fresh Oranges Chilled Pears	<b>Choice of:</b> Dumplings & Fried Rice Chicken Filet Sandwich Pizza Hut Pizza <sup>^</sup> Yogurt Parfait with Granola <b>Served with:</b> Fresh Baby Carrots Steamed Broccoli Fresh Cucumbers Mixed Green Salad Grapes Chilled Peaches Doritos	<b>Choice of:</b> Buffalo Chicken Bites with Roll Hamburger/Cheeseburger Buffalo Chicken Pizza Yogurt Smoothie & Cinn Crisps Hummus & Ranch Crisps <b>Served with:</b> Seasoned Fries Baked Beans* Mixed Green Salad Banana Chilled Applesauce	<b>Choice of:</b> Chili Frito Pie Chicken Filet Sandwich Pizza Hut Pizza <sup>^</sup> Trix Yogurt with Granola <b>Served with:</b> Tater Tots Fresh Baby Carrots Mixed Green Salad Cinnamon Apples Chilled Pineapple Cinnamon Roll Bite*
<b>MONDAY 28</b>	<b>TUESDAY 29</b>	<b>WEDNESDAY 30</b>	<b>THURSDAY 31</b>	
<b>Choice of:</b> Macaroni & Cheese Chicken Filet Sandwich Pizza Hut Pizza <sup>^</sup> Yogurt Parfait with Granola <b>Served with:</b> Seasoned Wedges Glazed Carrots Fresh Celery Mixed Green Salad Apple Slices Chilled Fruit Cocktail Cheetos	<b>Choice of:</b> Chicken Fingers & Roll Hamburger/Cheeseburger Ranchero Pizza Yogurt Smoothie & Cinn Crisps Hummus & Ranch Crisps <b>Served with:</b> Mashed Potatoes with Country Gravy* Fresh Broccoli Mixed Green Salad Fresh Oranges Chilled Pears	<b>Choice of:</b> Mandarin Orange Chicken with Rice Chicken Filet Sandwich Pizza Hut Pizza <sup>^</sup> Yogurt Parfait with Granola <b>Served with:</b> Fresh Baby Carrots Steamed Broccoli Fresh Cucumbers Mixed Green Salad Grapes Chilled Peaches Cookie	<b>Choice of:</b> Walking Taco Hamburger/Cheeseburger Buffalo Chicken Pizza Yogurt Smoothie & Cinn Crisps Hummus & Ranch Crisps <b>Served with:</b> Rancher Beans <sup>^</sup> Salsa Fresh Romaine Lettuce Banana Chilled Applesauce Frozen Fruit Cup	<b>Students must choose a full portion of at least 3 of the 5 components to receive a full school lunch and at least one component must be a 1/2 cup of fruit or vegetable. Components include protein, grain, fruit, vegetable, and milk.</b>

**Meal Prices**  
Lunch  
Full Price - \$3.00  
Reduced - \$.40  
Visitor - \$4.30

Menu subject to change due to availability and staffing.

<sup>^</sup>Contains Pork

\*Item available with the meal only.



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## Breakfast - To Make a Meal, Students must select at least 3 items one must be a fruit or juice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week of: 11/11, 11/25</b>				
<b>Choice of Entree:</b> Feature - Waffle Cereal, Pop Tart, Muffin Scrambled Egg Fresh Fruit, Craisins*	<b>Choice of Entree:</b> Feature - Glazed Breakfast Bun Cereal, Pop Tart, Muffin Cheese Stick Apple Slice, Craisins*	<b>Choice of Entree:</b> Feature - Breakfast Pizza Cereal, Pop Tart, Muffin Overnight Oats Chilled Fruit, Craisins*	<b>Choice of Entree:</b> Feature - Chocolate Breakfast Bun Cereal, Pop Tart, Muffin Yogurt Fresh Fruit, Craisins*	<b>Choice of Entree:</b> Feature - Biscuit Breakfast Sandwich <sup>^</sup> Cereal, Pop Tart, Muffin Applesauce, Craisins*
<b>Week of: 11/4, 11/18</b>				
<b>Choice of Entree:</b> Feature - Pancake Cereal, Pop Tart, Muffin Scrambled Egg Fresh Fruit, Craisins*	<b>Choice of Entree:</b> Feature - Glazed Breakfast Bun Cereal, Pop Tart, Muffin Cheese Stick Apple Slices, Craisins*	<b>Choice of Entree:</b> Feature - Breakfast Bagel Cereal, Pop Tart, Muffin Overnight Oats Chilled Fruit, Craisins*	<b>Choice of Entree:</b> Feature - Chocolate Breakfast Bun Cereal, Pop Tart, Muffin Yogurt Fresh Fruit, Craisins*	<b>Choice of Entree:</b> Feature - Breakfast Croissant Sandwich <sup>^</sup> Cereal, Pop Tart, Muffin Applesauce, Craisins*

**Meal Prices**  
 Breakfast  
 Full Price - \$1.65  
 Reduced - \$.30

## Lunch - To Make a Meal, Students must select full portions of 3 components and one must be a 1/2 cup of fruit or vegetable.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; padding: 5px; width: fit-content;"> <b>Meal Prices</b>            Lunch            Full Price - \$3.00            Reduced - \$.40            Visitor - \$4.30         </div>		<b>Students must choose a full portion of at least 3 of the 5 components to receive a full school lunch and at least one component must be a 1/2 cup of fruit or vegetable. Components include protein, grain, fruit, vegetable, and milk.</b>	<b>Offered Daily at Lunch</b> PBJ Sandwich & String Cheese Deli Sandwich** <b>**Daily Deli Sandwich Rotation:</b> M - Ham & Cheese Wrap <sup>^</sup> Tu - Buffalo Chicken Wrap W - Ham & Cheese Croissant <sup>^</sup> Th - Buffalo Ranch Chicken Salad Croissant F - Ham & Cheese Sandwich <sup>^</sup>	<b>FRIDAY 1</b>  <b>No School Professional Learning Day</b>
			<b>Offered Daily at Breakfast and Lunch</b> 100% Fruit Juice Apple, Orange and Apple Cherry Lowfat Milk White, Chocolate and Strawberry	
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>Choice of:</b> Chicken Chili Crispito Chicken Filet Sandwich Pizza Hut Pizza <sup>^</sup> Yogurt Parfait with Granola  <b>Served with:</b> Corn Salsa Fresh Celery Mixed Green Salad Apple Slices Chilled Fruit Cocktail Scoops	<b>Choice of:</b> Chicken & Waffles Hamburger/Cheeseburger Ranchero Pizza Yogurt Smoothie & Cinn Crisps Hummus & Ranch Crisps  <b>Served with:</b> Potato Smiles Red Bell Peppers Fresh Broccoli Mixed Green Salad Fresh Oranges Chilled Pears	<b>NACHOS DAY</b> <b>Choice of:</b> Nachos with Queso Chicken Filet Sandwich Pizza Hut Pizza <sup>^</sup> Yogurt Parfait with Granola  <b>Served with:</b> Fresh Baby Carrots Steamed Broccoli Fresh Cauliflower Mixed Green Salad Grapes Chilled Peaches Cheddar Goldfish Crackers	<b>Choice of:</b> Soft Tacos & Cilantro Lime Rice Hamburger/Cheeseburger Buffalo Chicken Pizza Yogurt Smoothie & Cinn Crisps Hummus & Ranch Crisps  <b>Served with:</b> Seasoned Fries Refried- Beans* Salsa Fresh Romaine Lettuce Banana Chilled Applesauce Frozen Fruit Cup	<b>Choice of:</b> Soft Pretzel with Cheese Chicken Filet Sandwich Pizza Hut Pizza Trix Yogurt with Granola  <b>Served with:</b> Tater Tots Fresh Baby Carrots Green Beans Mixed Green Salad Cinnamon Apples Chilled Pineapple Cinnamon Bun*
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>Choice of:</b> Baked Penne with Meat Sauce Chicken Filet Sandwich Pizza Hut Pizza <sup>^</sup> Yogurt Parfait with Granola <b>Served with:</b> Green Peas Fresh Baby Carrots Fresh Celery Mixed Green Salad Apple Slices Chilled Mandarin Oranges Garlic Breadstick	<b>Choice of:</b> French Toast Sticks with Sausage Hamburger/Cheeseburger Ranchero Pizza Yogurt Smoothie & Cinn Crisps Hummus & Ranch Crisps <b>Served with:</b> Potato Smiles Fresh Cherry Tomatoes Fresh Broccoli Mixed Green Salad Fresh Oranges Chilled Pears	<b>Choice of:</b> Dumplings & Fried Rice Chicken Filet Sandwich Pizza Hut Pizza <sup>^</sup> Yogurt Parfait with Granola <b>Served with:</b> Fresh Baby Carrots Steamed Broccoli Fresh Cucumbers Mixed Green Salad Grapes Chilled Peaches Doritos	<b>Choice of:</b> Buffalo Chicken Bites with Roll Hamburger/Cheeseburger Buffalo Chicken Pizza Yogurt Smoothie & Cinn Crisps Hummus & Ranch Crisps <b>Served with:</b> Seasoned Fries Baked Beans* Mixed Green Salad Banana Chilled Applesauce	<b>HOMEMADE BREAD DAY</b> <b>Choice of:</b> Chili Frito Pie Chicken Filet Sandwich Pizza Hut Pizza <sup>^</sup> Trix Yogurt with Granola <b>Served with:</b> Tater Tots Fresh Baby Carrots Mixed Green Salad Cinnamon Apples Chilled Pineapple <b>Cinnamon Roll Bite*</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<b>Choice of:</b> Macaroni & Cheese Chicken Filet Sandwich Pizza Hut Pizza <sup>^</sup> Yogurt Parfait with Granola <b>Served with:</b> Seasoned Wedges Glazed Carrots Fresh Celery Mixed Green Salad Apple Slices Chilled Fruit Cocktail Cheetos	<b>Choice of:</b> Chicken Fingers & Roll Hamburger/Cheeseburger Ranchero Pizza Yogurt Smoothie & Cinn Crisps Hummus & Ranch Crisps <b>Served with:</b> Mashed Potatoes with Country Gravy* Fresh Broccoli Mixed Green Salad Fresh Oranges Chilled Pears	<b>Choice of:</b> Mandarin Orange Chicken with Rice Chicken Filet Sandwich Pizza Hut Pizza <sup>^</sup> Yogurt Parfait with Granola <b>Served with:</b> Fresh Baby Carrots Steamed Broccoli Fresh Cucumbers Mixed Green Salad Grapes Chilled Peaches Cookie	<b>Choice of:</b> Walking Taco Hamburger/Cheeseburger Buffalo Chicken Pizza Yogurt Smoothie & Cinn Crisps Hummus & Ranch Crisps <b>Served with:</b> Rancher Beans <sup>^</sup> Salsa Fresh Romaine Lettuce Banana Chilled Applesauce Frozen Fruit Cup	<b>Choice of:</b> BBQ Pork Sandwich <sup>^</sup> Chicken Filet Sandwich Pizza Hut Pizza <sup>^</sup> Trix Yogurt with Granola <b>Served with:</b> Scalloped Potatoes* Red Bell Peppers Green Beans Mixed Green Salad Cinnamon Apples Chilled Pineapple
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<b>No School Thanksgiving Break</b>	<b>No School Thanksgiving Break</b>	<b>No School Thanksgiving Break</b>	<b>No School Thanksgiving Break</b>	<b>No School Thanksgiving Break</b>