



# Middle School BREAKFAST MENU



## Available Daily:

- Bacon, Egg, & Cheese Sandwich
- WG Bagel w/ Cream Cheese or Butter
- Assorted Cold Cereal
- Assorted Cereal Bars
- Assorted Pancakes
- Assorted Pop Tarts
- Assorted WG Donuts
- WG French Toast Sticks
- Yogurt Parfait w/ Granola & Fruit
- Yogurt w/ Graham Crackers
- Fruit Smoothie

MON	TUES	WED	THURS	FRI
WG Apple Frudel Fruit & Milk <sup>1</sup>	WG Cinnamon Breakfast Bun Fruit & Milk <sup>2</sup>	WG Chocolate Glazed Donut w/ Cocoa Puffs Fruit & Milk <sup>3</sup>	WG Maple Pancake Puffs Fruit & Milk <sup>4</sup>	Egg & Cheese Croissant Melt Fruit & Milk <sup>5</sup>
WG Apple Frudel Fruit & Milk <sup>8</sup>	WG Cinnamon Breakfast Bun Fruit & Milk <sup>9</sup>	WG Vanilla Glazed Donut w/ Lucky Charms Fruit & Milk <sup>10</sup>	WG Confetti Pancakes Fruit & Milk <sup>11</sup>	WG Chocolate Crescent Roll Fruit & Milk <sup>12</sup>
Sausage Pancake Breakfast Sandwich Fruit & Milk <sup>15</sup>	WG Mini Cinnamon Rolls Fruit & Milk <sup>16</sup>	Egg & Cheese WG English Muffin Melt Fruit & Milk <sup>17</sup>	<b>Fresh Baked</b> Blueberry or Chocolate Chip Muffin Top Fruit & Milk <sup>18</sup>	<b>Juneteenth Schools Closed</b> <sup>19</sup>
Egg & Cheese Croissant Melt Fruit & Milk <sup>22</sup>	WG Chocolate Glazed Donut w/ Cocoa Puffs Fruit & Milk <sup>23</sup>	WG Confetti Pancakes Fruit & Milk <sup>24</sup>	WG Apple Frudel Fruit & Milk <sup>25</sup>	Mini Strawberry Pancake Puffs Fruit & Milk <sup>26</sup>

Powering potential.



**Breakfast Price:**  
Students – No cost  
Adults \$3.49 + tax

Menus are subject to change.



**All Breakfasts MUST Include Choice of:**  
Fresh Fruits (Apples, Oranges and Bananas) and 100% Fruit Juice  
**And May Include:**  
1% White Milk, Fat-Free White Milk or Fat-Free Chocolate Milk (all Antibiotic and Hormone Free) All Breads, Bagels, Muffins are Whole Grain



This institution is an equal opportunity provider.



# Middle School LUNCH MENU



MON	TUES	WED	THURS	FRI
Baked Ziti Plain or w/ Grilled Chicken WG Garlic Breadstick Roasted Corn Fresh Pears <sup>1</sup>	<b>Brunch for Lunch</b> WG Dutch Waffle w/ Syrup & Chicken Sausage Roasted Cauliflower Ripe Banana <sup>2</sup>	<b>Homemade</b> Mac & Cheese w/ Buffalo Popcorn Chicken Celery Sticks Ripe banana <sup>3</sup>	<b>Quesadilla</b> Cheese (V) or Beef w/ Salsa & Sour Cream Roasted Red Potatoes Whole Orange <sup>4</sup>	BBQ Chicken Meatball Sub Melt w/ Baked French Fries Whole Apple <sup>5</sup>
Honey Stung Popcorn Chicken w/ WG Biscuit Mashed Potato Fresh Pears <sup>8</sup>	<b>Quesadilla</b> Cheese (V) or Beef w/ Salsa & Sour Cream Roasted Red Potatoes Whole Orange <sup>9</sup>	Chicken Drumstick w/ WG Dinner Roll Baked French Fries Romaine Salad Fresh Strawberries <sup>10</sup>	Jerk Chicken <sup>11</sup> Rice & Beans Steamed Veggies Plantains Ripe Banana <sup>11</sup>	WG Mozzarella Sticks <sup>2</sup> w/Marinara Dipping Sauce Spinach Salad Whole Apple <sup>2</sup>
BBQ Pulled Pork Sliders Baked French Fries Fresh Pears <sup>15</sup>	Arroz Con Pollo <sup>16</sup> w/ Chicken Drumstick & Yellow Rice Romaine Salad Whole Orange <sup>16</sup>	Baked Ziti Plain or w/ Grilled Chicken WG Garlic Breadstick Roasted Corn Fresh Strawberries <sup>17</sup>	Boneless Wing Bar <sup>18</sup> w/ BBQ Sause, Buffalo Sause, Hone BBQ Sause Baked French Fries Fresh Strawberries <sup>18</sup>	<b>Juneteenth Schools Closed</b> <sup>19</sup>
General Tso's Popcorn <sup>22</sup> Chicken w/ Lo Mein Steamed Broccoli Fresh Pears <sup>22</sup>	<b>Twin Beef Soft Tacos</b> <sup>3</sup> Seasoned Beef with Shredded Lettuce and Cheddar Cheese Seasoned Corn Whole Orange <sup>3</sup>	<b>Homemade</b> Mac & Cheese <sup>24</sup> w/ Buffalo Popcorn Chicken Celery Sticks Ripe banana <sup>24</sup>	Spaghetti w/ Meatballs or Spaghetti Sauce w/ a WG Breadstick Roasted Broccoli Ripe Banana <sup>26</sup>	Hot Honey Gochujang <sup>26</sup> Chicken Sandwich Baked French Fries Whole Apple <sup>26</sup>

- Daily Lunch Offerings:**
- o Nacho Bar
  - o Yogurt Parfait w/ Granola & Fruit
  - o Cheese, Ham(P), Turkey or Tuna Sandwich/Wrap
  - o Bagel w /2 String Cheese & Yogurt
  - o Entrée salads served with a WG roll
  - o Cheese(V), Pepperoni(P) or Specialty Pizza
  - o Hamburger/Cheeseburger
  - o Spicy Chicken Sandwich
  - o Crispy Chicken Sandwich

Powering potential.



**Lunch Price:**  
Students – No cost  
Adults \$5.22 + tax

Menus are subject to change.



Grades K-12 are "Offer vs. Serve" and must choose at least 3 of the 5 options below:  
Meat/Meat Alternative, Bread/Grain, Fruit (includes Fruit Juice), Vegetable  
Low Fat or Fat Free Milk Choice (Antibiotic and Hormone Free)  
Denotes: Items with a (P) contain pork. Items with a (B) contain beef.  
Items with a (V) are vegetarian  
Items with WG are whole grain rich products

**\*\*One of the Choices MUST be a Fruit or Vegetable!\*\***



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