

SOUTHMORELAND MIDDLE SCHOOL NOVEMBER MENU

Breakfast Offered Daily :

Assorted Whole Grain Entrees
Grab-n-Go Items vary daily
Breakfast Meal includes:
Entrée, Fruit &/or Juice, & Milk

Breakfast Prices:

All meals to Students are FREE
Adults— \$3.05

Lunch meal includes 1 entrée (bread & lean protein), up to 2 different vegetables, 2 different fruits, & choice of milk
(Whole, 2%, 1% flavored, Alternates)
***You may select 1 fruit or veggie with your meal & 2 other food groups.**

Daily lunch sides may include seasonal fresh fruit, fresh, & cooked veggies, chilled, canned, and frozen fruit, 100% fruit or vegetable juice.



Lunch Prices

All meals to Students are FREE
Adult— \$5.05

All menu items are subject to change.

This institution is an
equal opportunity provider.

Use www.schoolcafe.com to register/manage your student account. Meals are FREE but funds are required for a la carte purchasing.

Use **SchoolCafe to pay online**
(3rd party processing fee applies)
Payments are also accepted via cash or checks in envelope w/student name and ID number. Student should submit to cafeteria.

Date	Monday	Tuesday	Wednesday	Thursday	Friday
Nov 2-6	Boneless Wings w/Roll & Dipping Sauce <u>Turkey & Provolone Croissant</u> Twister Fries Pepper Strips w/Ranch Apple Slices Diced Peaches	DORITOS Walking Taco <u>Turkey & Provolone Croissant</u> Mexican Rice Cucumber Slices w/Ranch Fresh Orange Wedges Blueberry Cups	Stuffed Crust Cheese Pizza <u>Turkey & Provolone Croissant</u> Seasoned Carrots Cucumbers & Tomato Boats Sparkling Pears Fruit Cocktail w/Whip	Cherry Blossom Chicken Steamed Rice <u>Turkey & Provolone Croissant</u> Steamed Broccoli 100% Veggie Juice Cinnamon Applesauce Cup Fresh Banana	NAT'L NACHO DAY Beef & Cheese Nachos <u>Turkey & Provolone Croissant</u> Seasoned Corn Side Salad Cups w/Dressing 100% Fruit Punch Diced Peaches & Pears
Nov 9-13	Ham & Cheese Pretzel Melt <u>Mixed Berry Yogurt Parfait</u> Peas & Carrots Cucumber Slices w/Ranch Mixed Fruit Cup 100% Fruit Punch	Chicken Tenders w/Dutch Waffle <u>Mixed Berry Yogurt Parfait</u> Sweet Potato Fries Pepper Strips w/Ranch Apple Slices Diced Peaches	 Veterans Day	Grilled Turkey Burger w/Bacon & Cheddar Cheese <u>Mixed Berry Yogurt Parfait</u> Twister Fries 100% Veggie Juice Diced Pears Fresh Red/Golden Apple	 NO SCHOOL ACT 80 DAY
Nov 16-20	BBQ Pulled Pork Sandwich <u>Ham & American Sandwich</u> Seasoned Green Beans Fresh Broccoli w/Ranch Peach Applesauce Cup 100% CranApple Juice	Breakfast 4 Lunch French Toast Sticks, Syrup Baby Cakes & Sausage Patty <u>Ham & American Sandwich</u> 100% Veggie Juice Sparkling Diced Pears Fresh Red/Gold Apples	Buffalo Chicken Pizza <u>Ham & American Sandwich</u> Seasoned Potato Wedges Celery Sticks w/Ranch Orange Wedges Fresh Banana	Orange Chicken w/Steamed Rice <u>Ham & American Sandwich</u> Steamed Broccoli Pepper Strips w/Ranch Pineapple Chunks Craisins	HOLIDAY MEAL Roast Turkey w/Gravy Dinner Roll <u>Ham & American Sandwich</u> Mashed Potatoes & Stuffing Side Salad Cups w/Dressing Cinnamon Applesauce Cup Dessert: Pumpkin Cobbler
Nov 23-27	Meatball Parmesan Bowl w/Italian Dunker Breadsticks <u>Pizza Munchable Kit</u> Seasoned Green Beans Cucumber Slices w/Ranch Diced Peaches Fresh Red/Gold Apples	Grilled Cheese w/Tomato Soup <u>Pizza Munchable Kit</u> Potato Smiles 100% Veggie Juice Mixed Berry Applesauce Cup Mandarin Oranges	2Hr Early Dismissal French Bread Pizza <u>Pizza Munchable Kit</u> Oven Baked Fries Celery Sticks w/Ranch Mixed Fruit Cup w/Whip 100% CranApple Juice	 HAPPY THANKSGIVING	 NO SCHOOL
Nov 30	 NO SCHOOL	Max Pizza Sticks w/Marinara Sauce <u>Scottie Deli Hoagie</u> Steamed Green Beans Baby Carrots w/Ranch Cinnamon Applesauce Cup Diced Pears	Pepperoni Pizza Slice <u>Scottie Deli Hoagie</u> Oven Baked Fries 100% Veggie Juice Diced Peaches Apple Slices	Chicken Drumstick w/Fresh Biscuit <u>Scottie Deli Hoagie</u> Mashed Potatoes & Gravy Celery Sticks w/Ranch Mixed Fruit Cup w/Whip 100% CranApple Juice	Bacon Cheeseburger <u>Scottie Deli Hoagie</u> Onion Rings Side Salad Cups w/Dressing Fresh Banana Razzleberry Applesauce
Dec 1-4					

Daily Hot Alternates (NOW OFFERED ON BOTH LINES)

Mon—Chicken Patty(Reg/Spicy) Tues—Cheeseburger
Weds—Meatlover's Stromboli Thurs—Rich-fil-a Dill Chicken
Fri—Twisted Bosco Sticks w/Marinara

Daily Cold Alternates (options may also include)

Chef Salads, Yogurt Kits, Uncrustable PB&J Kits

Department Contacts

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