

Guidelines for secondary students: milk, vegetables, fruit or 100% juices are offered at every meal; cereal, milk and 100% fruit juices available every morning.

AUGUST / SEPTEMBER 2017

Middle School

Daily Selections: Choice of fresh fruits, fresh or steamed vegetables, whole grain rolls, yogurt, cereal, main entrée and alternate

Monday

Grab 'N Go Breakfast **28**

Stuffed Shells
Steamed Carrots
Dinner Roll

Choice of Fruit, Juice or Milk
Alt: Grilled Chicken Wrap

SCHOOLS CLOSED
LABOR DAY HOLIDAY **4**

Happy Labor Day!!


Grab 'N Go Breakfast **11**

Chicken Patty on WG Roll
Spinach Salad
Sweet Potato Fries
Choice of Fruit, Juice or Milk
Alt: Pizza

Grab 'N Go Breakfast **18**

Ham & Cheese Hoagie
Cauliflower
Snack Bag
Choice of Fruit, Juice or Milk
Alt: Cheeseburger

Grab 'N Go Breakfast **25**

Cheesesteak Sandwich
French Fries
Steamed Green Beans
Choice of Fruit, Juice or Milk
Alt: Hot Dog on WG Roll

Tuesday

Grab 'N Go Breakfast **29**

Chicken Nuggets w/Sauce
Baked Beans
Red Beets

Choice of Fruit, Juice or Milk
Alt: Grilled Chicken Wrap

Grab 'N Go Breakfast **5**

French Toast Stix w/Syrup
Sausage Patty, Tator Tots

Choice of Fruit, Juice or Milk
Alt: Grilled Ham & Cheese

Grab 'N Go Breakfast **12**

Cheeseburger
Cucumbers, Celery & Carrots
With Dip, Onion Rings
Choice of Fruit, Juice or Milk
Alt: Pizza

Grab 'N Go Breakfast **19**

Chicken Fries
Baked Beans
Soft Pretzel
Choice of Fruit, Juice or Milk
Alt: Cheeseburger

Grab 'N Go Breakfast **26**

Grilled Cheese Sandwich
Tomato Soup, Cauliflower
Goldfish Crackers
Choice of Fruit, Juice or Milk
Alt: Hot Dog on WG Roll

Wednesday

Grab 'N Go Breakfast **30**

Taco (soft or hard)
w/lettuce, tomato, cheese,
Nacho chips, Black Bean Salsa

Choice of Fruit, Juice or Milk
Alt: Grilled Chicken Wrap

Grab 'N Go Breakfast **6**

Pork BBQ on WG Roll
Crispy Fries, Creamed Cabbage

Choice of Fruit, Juice or Milk
Alt: Grilled Ham & Cheese

Grab 'N Go Breakfast **13**

Grilled BBQ Chicken
Pierogies
Baked Beans, Applesauce
Choice of Fruit, Juice or Milk
Alt: Pizza

Grab 'N Go Breakfast **20**

Hot Dog on WG Roll
Macaroni & Cheese
Stewed Tomatoes
Choice of Fruit, Juice or Milk
Alt: Cheeseburger

Grab 'N Go Breakfast **27**

Chicken Fajita w/ Sautéed
Peppers & Onions
Sante Fe Rice
Choice of Fruit, Juice or Milk
Alt: Hot Dog on WG Roll

Thursday

Grab 'N Go Breakfast **31**

California Cheeseburger
Crispy Fries
Steamed Corn

Choice of Fruit, Juice or Milk
Alt: Grilled Chicken Wrap

Grab 'N Go Breakfast **7**

Bulldog Bowl
Popcorn Chicken, Corn,
Mashed Potatoes
Choice of Fruit, Juice or Milk
Alt: Grilled Ham & Cheese

Grab 'N Go Breakfast **14**

Taco in a Bag
Lettuce, Tomato, Sour Cream
Salsa w/Black Beans
Choice of Fruit, Juice or Milk
Alt: Pizza

Grab 'N Go Breakfast **21**

Bulldog Bowl
Popcorn Chicken, Corn,
Mashed Potatoes
Choice of Fruit, Juice or Milk
Alt: Cheeseburger

Grab 'N Go Breakfast **28**

French Toast w/Syrup
Sausage, Hash Brown Triangles,
Strawberries w/Topping
Choice of Fruit, Juice or Milk
Alt: Hot Dog on WG Roll

Friday

SCHOOLS CLOSED
LABOR DAY HOLIDAY **1**



Grab 'N Go Breakfast **8**

Calzone w/Marinara Sauce
Steamed Carrot Coins

Choice of Fruit, Juice or Milk
Alt: Grilled Ham & Cheese

Grab 'N Go Breakfast **15**

Chicken Alfredo
Sweet Peas
Breadstick
Choice of Fruit, Juice or Milk
Alt: Pizza

Grab 'N Go Breakfast **22**

Meatball Parmesan on WG Roll
Side of Pasta
Steamed Broccoli
Choice of Fruit, Juice or Milk
Alt: Cheeseburger

Grab 'N Go Breakfast **29**

Mozzarella Filled Twisted
Dough Breadstick w/
Marinara Sauce, Romaine Salad
Choice of Fruit, Juice or Milk
Alt: Hot Dog on WG Roll

Breakfast: \$1.95
Lunch: \$2.80

Reduced Breakfast: \$0.30
Reduced Lunch: \$0.40

MENU IS SUBJECT TO AVAILABILITY AND CHANGE WITHOUT NOTICE