













December 2017: Middle School Breakfast

Line 1

Monday	Tuesday	Wednesday	Thursday	Friday
November 27 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	November 28 Yogurt Explosion WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items Served with fruit, 100% juice, & Milk.	November 29 WGR Breakfast Cereal Pumpkin Pancake Bar Breakfast Bar Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	November 30 Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items Served with Fruit Cup, 100% juice, & Milk	1 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk
4 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	5 Yogurt Explosion WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items Served with fruit, 100% juice, & Milk.	6 WGR Breakfast Cereal Pumpkin Pancake Bar Breakfast Bar Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	7 Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items Served with Fruit Cup, 100% juice, & Milk	8 WGR Breakfast Cereal Frosted Cinnamon Roll Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk
11 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	12 Yogurt Explosion WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items Served with fruit, 100% juice, & Milk.	13 WGR Breakfast Cereal Pumpkin Pancake Bar Breakfast Bar Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	14 Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items Served with Fruit Cup, 100% juice, & Milk	15 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk
18 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	19 Yogurt Explosion WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items Served with fruit, 100% juice, & Milk.	20 WGR Breakfast Cereal Frosted Cinnamon Roll Breakfast Bar Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	21 Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items Served with Fruit Cup, 100% juice, & Milk	22 WGR Breakfast Cereal Mini Donuts Served with fruit, 100% juice, & Milk
25 No School- Winter Vacation  	26  	No School- Winter Vacation  	28   	29 No School- Winter Vacation   

Menus are subject to change without notice.

100% Fruit Juice: Apple, Orange, Grape, Dragon Punch, Cranberry, & Mango Wango.

Muffin Choices: Blueberry, Chocolate, or Banana

(WGR) Assorted Whole Grain Cereals: Froot Loops, Rice Krispy, Cocoa Puffs, Cheerios, Lucky Charms, or Cinnamon Toast Crunch.

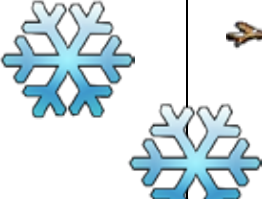




WGR Bread Items: Cinnamon Toast Crisps, Backpack Snacks, Gripz, Graham Snacks, Etc.

Yogurt Explosion: A serving of vanilla or strawberry yogurt served with variety of toppings (fruit, granola, etc.)

Breakfast Banana Split: 1 banana topped with vanilla or strawberry yogurt and variety of toppings (fruit, honey, cinnamon)

December 2017: Middle School Breakfast


Line 2

Monday	Tuesday	Wednesday	Thursday	Friday
November 27 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Assorted Bagels w/ Cream Cheese Spreads Served with yogurt, fruit and 100% juice.	November 28 Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with choice of yogurt or WGR Item, Fruit, and 100% Juice	November 29 Egg & Cheese English Muffin OR Sausage & Cheese English Muffin OR Bacon Scramble Pizza or Breakfast Sausage Pizza Served with fruit and 100% juice.	November 30 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links Served with yogurt, fruit, & 100% juice.	1 Cheddar Cheese Omelet OR Mini Maple Pancakes OR Breakfast Sausage Pizza OR Bacon Scramble Pizza Served with yogurt, fruit and 100% juice.
4 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Assorted Bagels w/ Cream Cheese Spreads Served with yogurt, fruit and 100% juice.	5 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Golden Eagle Waffles W/ Sausage Links OR Egg, Cheese, & Turkey Sausage Burrito Served with choice of yogurt or WGR Item, Fruit, and 100% Juice	6 Egg & Cheese English Muffin OR Sausage & Cheese English Muffin OR Bacon Scramble Pizza or Breakfast Sausage Pizza Served with fruit and 100% juice.	7 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Pancake on a Stick Served with fruit, 100% juice, & choice of whole grain item.	8 Cheddar Cheese Omelet OR Mini Maple Pancakes OR Breakfast Sausage Pizza OR Bacon Scramble Pizza Served with yogurt, fruit and 100% juice.
11 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Assorted Bagels w/ Cream Cheese Spreads Served with yogurt, fruit and 100% juice.	12 Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with choice of yogurt or WGR Item, Fruit, and 100% Juice	13 Egg & Cheese English Muffin OR Sausage & Cheese English Muffin OR Bacon Scramble Pizza or Breakfast Sausage Pizza Served with fruit and 100% juice.	14 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links Served with yogurt, fruit, & 100% juice.	15 Cheddar Cheese Omelet OR Mini Maple Pancakes OR Breakfast Sausage Pizza OR Bacon Scramble Pizza Served with yogurt, fruit and 100% juice.
18 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Assorted Bagels w/ Cream Cheese Spreads Served with yogurt, fruit and 100% juice.	19 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Golden Eagle Waffles W/ Sausage Links OR Egg, Cheese, & Turkey Sausage Burrito Served with choice of yogurt or WGR Item, Fruit, and 100% Juice	20 Egg & Cheese English Muffin OR Sausage & Cheese English Muffin OR Bacon Scramble Pizza or Breakfast Sausage Pizza Served with fruit and 100% juice.	21 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Pancake on a Stick Served with fruit, 100% juice, & choice of whole grain item.	22 Breakfast Sausage Pizza OR Bacon Scramble Pizza OR Mini Donuts Served with yogurt, fruit and 100% juice.
25 No School- Winter Vacation 	26 	28 No School- Winter Vacation 	28 	29 No School- Winter Vacation 

Milk is available every day. Menus are subject to change without notice.
 100% Fruit Juice: Apple, Orange, Grape, Dragon Punch, Cranberry, & Mango Wango.



December 2017 Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
November 27	November 28	November 29	November 30	December 1
Fish Sandwich or Cheeseburger Baked Vegetarian Beans Fresh Crisp Vegetables Dip Blue Raspberry/Lemonade SideKick	Chicken Nuggets W/ Dinner Roll or Roast Beef Combo Creamy Mashed Potatoes Gravy Fresh Broccoli Florets/Dip Red, Yellow, or Green Apple Slices	Hamburger or Rotini Pasta W/ Turkey Alfredo or Meat Sauce Garlic Bread Stick Mixed Vegetables Chilled Creamy Coleslaw Yellow Petite Banana	Super Nachos (Beef or Chicken) or Quesadilla (Cheese or Chicken) Toppings (Lettuce, Cheese, Tomato, Onion, Salsa, Black Beans, and Taco Sauce) Crisp Celery Sticks Fresh Carrots/Dip Strawberry Banana Dessert	Breakfast Pizza w/Cheese Stick or Breaded Chicken Sandwich Batter Bites Tortilla Chips Salsa Assorted Fruits
4	5	6	7	8
Meatballs or Popcorn Chicken Poultry Rice Gravy Stir-Fry Vegetables Fresh Celery Sticks Dip Fruit Cup	Mexican Fries W/Dinner Roll (Chicken or Beef) or Hamburger Deluxe W/Puzzle Fries Toppings: Tomatoes, Lettuce, Black Beans, & Onions Steamed Vegetables Assorted Fruits	Breaded Chicken Sandwich or **Mr. Ribb Fresh Carrots Dip Chilled Creamy Coleslaw Yellow Petite Banana	Mini Corn Dogs or Pizza Baked Vegetarian Beans Mixed Greens Salad Salad Dressing Apricots	Chicken Drumstick or Fish Shapes Creamy Mashed Potatoes Beef Gravy Dinner Roll Grilled Mushrooms Fresh Crisp Vegetables Dip Assorted Fruits
11	12	13	14	15
Chicken Nuggets W/Dinner Roll or **Mr. Ribb Curly Fries Crisp Celery Sticks Dip Strawberry Cup or Peach Cup	Chili Frito Pie or Hot Dog Fresh Pepper Slices Fresh Broccoli Florets Dip Blue Raspberry/Lemonade SideKick	Rotini Pasta W/ Turkey Alfredo or Meat Sauce w/Garlic Breadstick or Hamburger Chilled Creamy Coleslaw Cucumber Coins/Dip Fresh Apple Slices	Kolache or **Assorted Pizza Puzzle Fries Fresh Carrots Dip Yellow Petite Banana	J Fajita or Walking Taco (Beef or Chicken) or Cheeseburger Deluxe Toppings (Lettuce, Cheese, Tomato, Onion, Fiestada Bean Salsa, & Taco Sauce) Fresh Crisp Vegetables Dip Assorted Fruits
18	19	20	21	22
Chicken Sandwich or Grilled Chicken or Pizza Curly Fries Apricots *Cherry Slushie	Super Nachos (Beef or Chicken) or Quesadilla (Cheese or Chicken) Toppings (Lettuce, Cheese, Tomato, Onion, Salsa, Black Beans, and Taco Sauce) Fresh Carrots/Dip Warm Cinnamon Apple Slices	Chicken Nuggets or Fish Shapes Poultry Rice Gravy Dinner Roll Steamed Vegetables Crisp Celery Sticks Yellow Petite Banana	Cheeseburger or Popcorn Chicken W/Dinner Roll Mixed Greens Salad Salad Dressing Assorted Fresh Vegetables Dip Strawberry Banana Dessert	Hot Dog or French Toast Sticks w/Sausage Links Puzzle Fries Wango Mango Vegetable Juice Assorted Fruits Sugar Cookie
25	26	27	28	29
No School- Winter Vacation		No School- Winter Vacation		No School- Winter Vacation

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 J Requested by HMS Students.