

# Middle School Breakfast

March 2019

100% Fruit Juice, Fruit, and milk are offered as part of the menu every day.

Line 1

Monday	Tuesday	Wednesday	Thursday	Friday
February 25 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items	February 26 Berry Smoothie (Strawberry Yogurt, Apple Juice and Applesauce) or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items	February 27 Cinnamon Roll WGR Breakfast Cereal Carmel Roll String Cheese Sunflower Kernels Choose 2 of the Above Items	February 28 Breakfast Banana Split WGR Breakfast Cereal Soft Baked Strawberry Crisp Bar Choose 2 of the Above Items	1 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items
4 "Start Your Engines!" Grab N Go Breakfast (New Assorted Cereals, Poptarts, Assorted Fruits & Etc.)	5 Yogurt Parfait New Flavor: Banana Coconut Cream Pie Rice Krispy Bar Assorted Fruits	6 Cinnamon Roll New Item- Assorted Flavors of Dannon Yogurt Assorted Fruits	7 WGR Breakfast Cereal Strawberry Yogurt Chex Mix Assorted Fruits  "You Finished the Race!!" Stop in for your prize- A Motts Fruit Snack!	8  No School
 <b>National School Breakfast Week!!!! March 4<sup>th</sup>-8<sup>th</sup></b> Check Out New Breakfast Menus!! 				
11 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items	12 Food Court Smoothie (Vanilla Yogurt, Applesauce and Orange Juice) or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items	13 No School 	14  <b>have a good Spring Break!</b>	15
18 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items	19 Berry Smoothie (Strawberry Yogurt, Apple Juice and Applesauce) or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items	20 Yogurt Parfait New Flavor: Strawberry Pie Parfait WGR Breakfast Cereal Carmel Roll Choose 2 of the Above Items	21 Breakfast Banana Split WGR Breakfast Cereal Strawberry Graham Snacks Choose 2 of the Above Items	22 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items
25 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items	26 Food Court Smoothie (Vanilla Yogurt, Applesauce and Orange Juice) or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items	27 Yogurt Parfait New Flavor: Apple Pie Parfait WGR Breakfast Cereal Frosted Cinnamon Roll Choose 2 of the Above Items	28 Breakfast Banana Split WGR Breakfast Cereal Soft Baked Strawberry Crisp Bar Choose 2 of the Above Items	29 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items

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

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

\*Strawberry/Vanilla/Strawberry Yogurt topped with granola (topping optional)

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Line 2

Monday	Tuesday	Wednesday	Thursday	Friday
25 Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza <b>or</b> Cheddar Cheese Omelet  Served with fruit and 100% juice.	26 Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza <b>or</b> French Toast Sticks W/Sausage Links or Cheese Stick  Served with fruit and 100% juice.	27 Egg & Cheese Slider <b>or</b> Sausage & Cheese Slider <b>or</b> Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza  Served with fruit and 100% juice.	28 Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza <b>or</b> Cook's Choice  Served with fruit and 100% juice.	March 1 Golden Eagle Waffles w/ Sausage Links <b>or</b> Breakfast Sausage Pizza <b>or</b> Bacon Scramble Pizza  Served with fruit and 100% juice.
4 <b>"Start Your Engines!"</b>  Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza <b>or</b> Chicken Nuggets (3) w/ Dinner Roll  Served with fruit and 100% juice.	5 French Toast Sticks (3) W/Gogurt <b>or</b> Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza  Served with fruit and 100% juice.	6 Turkey Ham & Cheese Slider <b>or</b> Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza  Served with fruit and 100% juice.	7 Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza <b>or</b> Mini Corn Dogs (3) W/Bread Item  Served with fruit and 100% juice.  <b>"You Finished the Race!!"</b> Stop in for your prize- A Motts Fruit Snack!	8   No School
 <b>National School Breakfast Week!!!! March 4<sup>th</sup>-8<sup>th</sup></b> Check Out New Breakfast Menus!!! 				
11 Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza <b>or</b> Cheddar Cheese Omelet  Served with fruit and 100% juice.	12 Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza <b>or</b> French Toast Sticks W/ Sausage Links <b>or</b> Egg, Cheese, & Turkey Sausage Burrito  Served with fruit and 100% juice.	13 No School  	14  	15
18 Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza <b>or</b> Cheddar Cheese Omelet  Served with fruit and 100% juice.	19 Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza <b>or</b> Blueberry Waffles W/ Sausage Links <b>or</b> Egg, Cheese, & Turkey Sausage Burrito  Served with fruit and 100% juice.	20 Egg & Cheese Slider <b>or</b> Sausage & Cheese Slider <b>or</b> Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza  Served with fruit and 100% juice.	21 Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza <b>or</b> Cook's Choice  Served with fruit and 100% juice.	22 Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza <b>or</b> Golden Eagle Waffles w/ Sausage Links  Served with fruit and 100% juice.
25 Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza <b>or</b> Cheddar Cheese Omelet  Served with fruit and 100% juice.	26 Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza <b>or</b> French Toast Sticks W/Sausage Links or Cheese Stick  Served with fruit and 100% juice.	27 Egg & Cheese Slider <b>or</b> Sausage & Cheese Slider <b>or</b> Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza  Served with fruit and 100% juice.	28 Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza <b>or</b> Cook's Choice  Served with fruit and 100% juice.	29 Bacon Scramble Pizza <b>or</b> Breakfast Sausage Pizza <b>or</b> Golden Eagle Waffles w/ Sausage Links  Served with fruit and 100% juice.

Milk is available every day.

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

# Middle School Lunch Menu

# March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
25 Teriyaki Chicken or Fish Shapes Poultry Rice Gravy Mixed Green Salad Salad Dressing Fresh Carrot Sticks Dip Diced Pears	26 Meatballs or Tangerine Chicken Mashed Potatoes Beef Gravy Dinner Roll Fresh Broccoli Florets Dip Clementine	Chicken Cheese Wrap or **Mr. Ribb Toppings: Lettuce & Ranch Dressing Baked Vegetarian Beans Fresh Pepper Slices Dip Peach Cup	28 Hamburger or Rotini Pasta W/ Turkey Alfredo or Pasta W/Meat Sauce W/Garlic Breadstick Mixed Greens Salad Salad Dressing Breadstick Steamed Carrots Yellow Petite Banana	March 1 Walking Taco or Cheese Pizza Toppings: Shredded Lettuce, Diced Tomatoes, Shredded Cheese, & Sour Cream Steamed Green Beans Fresh Vegetables Dip Assorted Fruits
4 Sloppy Joe or Mini Corn Dogs Simply Sweet Corn Fresh Broccoli Florets Dip Mixed Fruit	5 Breakfast Pizza or W/Cheese Stick or Breaded Chicken Sandwich Fresh Cauliflower Bites Dip Puzzle Fries Clementine Apple Pie Parfait	Hamburger or Cheese Pizza or Fish Sandwich Mixed greens Salad Salad Dressing Fresh Cucumber Coins Dip Fresh Apple Slices  Celebrating March Birthdays!	7 Chicken Nuggets w/Dinner Roll or Quesadilla (Cheese or Chicken) Toppings: Lettuce, Tomatoes, & Onions Baked Vegetarian Beans Fresh Vegetables/ Dip Assorted Fruit	8  <b>No School</b>
 <b>National School Breakfast Week!!!! March 4<sup>th</sup>-8<sup>th</sup></b> 				
11 Tangerine Chicken or Popcorn Chicken or Teriyaki Chicken Creamy Mashed Potatoes Gravy Fresh Broccoli Florets Dip Clementine	12 Breaded Chicken Sandwich or Blueberry Waffles w/Turkey Sausage Links or Strawberry Banana Trix Yogurt Batter Bites Wango Mango Vegetable Juice Zee Zee's Dried Fruit	13 No School 	14 	15
18 Chicken Cordon Blue Sandwich or Pepperoni Pizza Baked Vegetarian Beans Fresh Carrot Sticks Dip Diced Peaches	19 Breakfast (Turkey) Sausage or Bacon Scramble Pizza w Cheese Stick or Hamburger Batter Bites Wango Mango Vegetable Juice Diced Pears	20 Soft Shell Taco (Beef or Chicken) or Italian Sub Toppings: Shredded Lettuce, Cheese, & Taco Sauce Tortilla Chips/Salsa Fresh Broccoli/Dip Applesauce	21 Chicken Drumstick or Teriyaki Chicken or Tangerine Chicken Dinner roll Poultry Rice Gravy Fresh Carrot Sticks Fresh Celery Sticks Dip Fresh Apple Slices	22 Hot Dog (All Beef) or Fish Sandwich Curly Fries Fresh Vegetables Dip Assorted Fruits
25 Super Nachos (Beef or Chicken) or Hamburger Deluxe Toppings: Lettuce, Tomatoes, & Onions Fresh Cauliflower Bites Fresh Carrot Sticks/Dip Diced Peaches	26 Hamburger or Breakfast Blueberry Waffles w/Turkey Sausage Links Batter Bites Wango Mango Vegetable Juice Apple Slices	27 Chicken Nuggets or Fish Shapes or Tangerine Chicken Creamy Mashed Potatoes Gravy Steamed Peas Clementine	28 Hamburger or Pasta W/ Turkey Alfredo Sauce or Meat Sauce W/Bread Steamed Vegetables Mixed Greens Salad Salad Dressing Petite Banana	29 *Mr.Ribb or Cheese Pizza Baked Vegetarian Beans Fresh Vegetables Dip Assorted Fruits

Milk is available every day. \*SideKick- 100% Frozen fruit juice cup \*\* Contains Pork