

# Middle School Breakfast

May 2019

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

Line 1

Monday	Tuesday	Wednesday	Thursday	Friday
29 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese <b>Choose 2 of the Above Items</b>	30 Food Court Smoothie (Vanilla Yogurt, Applesauce and Orange Juice) or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item <b>Choose 2 of the Above Items</b>	May 1 Yogurt Parfait New Flavor: Apple Pie Parfait WGR Breakfast Cereal Frosted Cinnamon Roll <b>Choose 2 of the Above Items</b>	May 2 Breakfast Banana Split WGR Breakfast Cereal Soft Baked Strawberry Crisp Bar <b>Choose 2 of the Above Items</b>	May 3 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese <b>Choose 2 of the Above Items</b>
6 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese <b>Choose 2 of the Above Items</b>	7 Berry Smoothie (Strawberry Yogurt, Apple Juice and Applesauce) or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item <b>Choose 2 of the Above Items</b>	8 Cinnamon Roll WGR Breakfast Cereal Carmel Roll String Cheese <b>Choose 2 of the Above Items</b>	9 Breakfast Banana Split WGR Breakfast Cereal Soft Baked Strawberry Crisp Bar <b>Choose 2 of the Above Items</b>	10 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese <b>Choose 2 of the Above Items</b>
13 Grab N Go Breakfast (Assorted Cereals, Poptarts, Assorted Fruits & Etc.)	14 Yogurt Parfait New Flavor: Banana Coconut Cream Pie Rice Krispy Bar Assorted Fruits	15 Cinnamon Roll Assorted Flavors of Dannon Yogurt Assorted Fruits	16 WGR Breakfast Cereal Strawberry Yogurt Chex Mix Assorted Fruits	17 Grab N Go Breakfast (Assorted Cereals, Poptarts, Assorted Fruits)
20 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese <b>Choose 2 of the Above Items</b>	21 Food Court Smoothie (Vanilla Yogurt, Applesauce and Orange Juice) or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item <b>Choose 2 of the Above Items</b>	22 Yogurt Parfait WGR Breakfast Cereal Breakfast Bar <b>Choose 2 of the Above Items</b>	23 WGR Breakfast Cereal Strawberry Yogurt Chex Mix Assorted Fruits	24 Grab N Go Breakfast (Assorted Cereals, Poptarts, Assorted Fruits)

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)

# Middle School Breakfast

May 2019

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

Line 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p>29</p> <p>Bacon Scramble Pizza  <b>Or</b> Breakfast Sausage                      Pizza <b>or</b> Cheddar                      Cheese Omelet</p> <p>Served with fruit and                      100% juice.</p>	<p>30</p> <p>Bacon Scramble Pizza  <b>Or</b> Breakfast Sausage                      Pizza <b>or</b> French Toast                      Sticks W/Sausage                      Links or Cheese Stick</p> <p>Served with fruit and                      100% juice.</p>	<p>May 1</p> <p>Egg &amp; Cheese Slider <b>or</b>                      Sausage &amp; Cheese                      Slider <b>or</b> Bacon                      Scramble Pizza <b>or</b>                      Breakfast Sausage                      Pizza</p> <p>Served with fruit and                      100% juice.</p>	<p>May 2</p> <p>Bacon Scramble Pizza  <b>Or</b> Breakfast Sausage                      Pizza <b>or</b> Cook's                      Choice</p> <p>Served with fruit and                      100% juice.</p>	<p>May 3</p> <p>Bacon Scramble Pizza  <b>Or</b> Breakfast Sausage                      Pizza <b>or</b> Golden Eagle                      Waffles w/ Sausage                      Links</p> <p>Served with fruit and                      100% juice.</p>
<p>6</p> <p>Bacon Scramble Pizza  <b>Or</b> Breakfast Sausage                      Pizza <b>or</b> Cheddar                      Cheese Omelet</p> <p>Served with fruit and                      100% juice.</p>	<p>7</p> <p>Bacon Scramble Pizza  <b>Or</b> Breakfast Sausage                      Pizza <b>or</b> French Toast                      Sticks W/Sausage                      Links or Cheese Stick</p> <p>Served with fruit and                      100% juice.</p>	<p>8</p> <p>Egg &amp; Cheese Slider <b>or</b>                      Sausage &amp; Cheese                      Slider <b>or</b> Bacon                      Scramble Pizza <b>or</b>                      Breakfast Sausage                      Pizza</p> <p>Served with fruit and                      100% juice.</p>	<p>9</p> <p>Bacon Scramble Pizza  <b>Or</b> Breakfast Sausage                      Pizza <b>or</b> Cook's                      Choice</p> <p>Served with fruit and                      100% juice.</p>	<p>10</p> <p>Golden Eagle Waffles                      w/ Sausage Links <b>or</b>                      Breakfast Sausage                      Pizza <b>or</b> Bacon                      Scramble Pizza</p> <p>Served with fruit and                      100% juice.</p>
<p>13</p> <p>Bacon Scramble Pizza  <b>Or</b> Breakfast Sausage                      Pizza <b>or</b> Chicken                      Nuggets (3) w/                      Dinner Roll</p> <p>Served with fruit and                      100% juice.</p>	<p>14</p> <p>French Toast Sticks (3)                      W/Gogurt <b>or</b>                      Bacon Scramble Pizza  <b>or</b> Breakfast Sausage                      Pizza</p> <p>Served with fruit and                      100% juice.</p>	<p>15</p> <p>Turkey Ham &amp; Cheese                      Slider <b>or</b> Bacon                      Scramble Pizza <b>or</b>                      Breakfast Sausage                      Pizza</p> <p>Served with fruit and                      100% juice.</p>	<p>16</p> <p>Bacon Scramble Pizza  <b>Or</b> Breakfast Sausage                      Pizza</p> <p>Served with fruit and                      100% juice.</p>	<p>17</p> <p>French Toast Sticks (3)                      W/Gogurt <b>or</b>                      Bacon Scramble Pizza  <b>or</b> Breakfast Sausage                      Pizza</p> <p>Served with fruit and                      100% juice.</p>
<p>20</p> <p>Bacon Scramble Pizza  <b>Or</b> Breakfast Sausage                      Pizza <b>or</b> Cheddar                      Cheese Omelet</p> <p>Served with fruit and                      100% juice.</p>	<p>21</p> <p>Bacon Scramble Pizza  <b>Or</b> Breakfast Sausage                      Pizza <b>or</b> French Toast                      Sticks W/ Sausage                      Links <b>or</b> Egg, Cheese,                      &amp; Turkey Sausage                      Burrito</p> <p>Served with fruit and                      100% juice.</p>	<p>22</p> <p>Bacon Scramble Pizza  <b>Or</b> Breakfast Sausage                      Pizza <b>or</b> Cook's                      Choice</p> <p>Served with fruit and                      100% juice.</p>	<p>23</p> <p>Bacon Scramble Pizza  <b>Or</b> Breakfast Sausage                      Pizza</p> <p>Served with fruit and                      100% juice.</p>	<p>24</p> <p>Bacon Scramble Pizza  <b>or</b> Breakfast Sausage                      Pizza or Assorted                      Cereal</p> <p>Served with fruit and                      100% juice.</p>

Milk is available every day.

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

May 2019

## Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>April 29</p> <p>Hot Ham &amp; Cheese Sandwich or Soft Shell Taco (Beef or Chicken) Toppings: Lettuce, Cheese, and Taco Sauce Steamed Peas Fresh Crisp Celery Sticks Dip Diced Peaches</p>	<p>April 30</p> <p>Cheeseburger or Breakfast Pizza Pizza W/Yogurt or Cheese Stick Baked Batter Bites Crisp Baby Carrots Dip Diced Pears</p>	<p>1</p> <p>Tangerine Chicken or Chicken Nuggets W/Dinner Roll or Hamburger Poultry Rice Gravy Steamed Vegetables Fresh Pepper Slices Dip Clementine</p>	<p>2</p> <p>Rotini Pasta W/ Meat Sauce or Turkey Alfredo &amp; Breadstick or Breaded Chicken Sandwich Mixed Greens Salad Salad Dressing Fresh Broccoli Florets Dip Fresh Apple Slices</p>	<p>3</p> <p>Mini Corn Dogs or Cook's Choice Baked Vegetarian Beans Assorted Fresh Vegetables Assorted Fruits</p>
<p>6</p> <p>Cheese Pizza or Breaded Chicken Sandwich Tortilla Chips Salsa Simply Sweet Corn Applesauce</p>	<p>7</p> <p>Mini Corn Dogs or Roast Beef-N-Cheddar Sandwich Baked Vegetarian Beans Mixed Greens Salad Salad Dressing Fresh Apple Slices</p>	<p>8</p> <p>Walking Taco or Quesadilla (Chicken or Cheese) Toppings: Lettuce, Cheese, Tomatoes, Sour Cream, &amp; Taco Sauce Mixed Greens Salad Salad Dressing Wango Mango Vegetable Juice Diced Pears</p>	<p>9</p> <p>Meatballs or Chicken Nuggets or Fish Shapes Mashed Potatoes Gravy Dinner Roll Steamed Green Beans Strawberries</p>	<p>10</p> <p>Tangerine Chicken W/ Dinner Roll or Popcorn Chicken W/ Dinner Roll or Fish Sandwich Poultry Rice Steamed Peas Fresh Grape Tomatoes Dip Fresh Fruit</p>
<p>13</p> <p><b>"We Love Summer!"</b> "All Beef" Hot Dog or Sloppy Joe or Cook's Choice Baked Vegetarian Beans Fresh Cauliflower Bites Dip SideKick Blueraspberry Lemonade Campfire S'more Bar </p>	<p>14</p> <p>French Toast Sticks w/ Turkey Sausage Links or  Batter Bites Wango Mango Vegetable Juice Fresh Orange Slices</p>	<p>15</p> <p>Rotini Pasta W/Turkey Alfredo or Meat Sauce Fresh Pepper Slices Crisp Baby Carrots Dip Fresh Strawberries</p>	<p>16</p> <p>Chicken Nuggets or Fish Shapes Mashed Potatoes Gravy Fresh Carrots Dip Fresh Apple Slices</p>	<p>17</p> <p>Smoked Turkey and Cheese Sandwich or Cheese Pizza Steamed Peas Corn Chips Fresh Vegetables Dip Fresh Fruit</p>
<p>20</p> <p>Tangerine Chicken W/ Dinner Roll or Chicken Nuggets W/ Dinner Roll or Fish Sandwich Poultry Rice Simply Sweet Corn Fresh Grape Tomatoes Dip Fresh Orange Slices</p>	<p>21</p> <p>Chicken Cheese Wrap or Soft Shell Beef or Fish Taco Toppings: Lettuce and Ranch Dressing Oven Potatoes Fresh Vegetables Dip Fresh Strawberries</p>	<p>22</p> <p>Rotini Pasta W/Turkey Alfredo or Meat Sauce Crisp Baby Carrots Dip Fresh Apple Slices</p>	<p>23</p> <p>(Turkey) Bacon Scramble Pizza w/Cheese Stick or Hamburger Baked Vegetarian Beans Wango Mango Vegetable Juice Assorted Fruits "Smart Snack" For Dessert</p>	<p>24</p> <p><b>No Lunch</b> <b>1/2 Day</b></p> <p><b>ENJOY</b> <b>*YOUR*</b> <b>SUMMER!</b></p>

Milk is available every day. Menus are subject to change without notice.