


August 2018

Middle School Breakfast Menu

Line 1

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|-----------|----------|--------|
|--------|---------|-----------|----------|--------|



|   |   |  |  |   |
|---|---|--|--|---|
| <p>20</p> <p>Staff Development</p>    | <p>21</p> <p>½ Day No Breakfast</p>   | <p>22</p> <p>WGR Breakfast Cereal<br/>Frosted Cinnamon Roll<br/>Breakfast Bar (Strawberry)<br/><b>Choose 2 of the Above Items</b></p> <p>Served with fruit, 100% juice, &amp; Milk</p> | <p>23</p> <p>*Yogurt Parfait w/Granola<br/>WGR Breakfast Cereal<br/>WGR Bread Item<br/><b>Choose 2 of the Above Items</b></p> <p>Served with Fruit Cup, 100% juice, &amp; Milk</p> | <p>24</p> <p>WGR Breakfast Cereal<br/>Mini Donuts<br/>Yogurt<br/>String Cheese<br/><b>Choose 2 of the Above Items</b></p> <p>Served with fruit, 100% juice, &amp; Milk</p>                    |
| <p>27</p> <p>WGR Breakfast Cereal<br/>Assorted Muffins<br/>Yogurt<br/>String Cheese<br/><b>Choose 2 of the Above Items</b></p> <p>Served with fruit, 100% juice, &amp; Milk</p> | <p>28</p> <p>Food Court Smoothie or<br/>*Yogurt Parfait w/Granola<br/>WGR Breakfast Cereal<br/>WGR Bread Item<br/><b>Choose 2 of the Above Items</b></p> <p>Served with fruit, 100% juice, &amp; Milk</p> <p>*Make "Overnight Oats"</p> | <p>29</p> <p>"Overnight Oats"<br/>WGR Breakfast Cereal<br/>Carmel Roll<br/><b>Choose 2 of the Above Items</b></p> <p>Served with fruit, 100% juice, &amp; Milk</p>                     | <p>30</p> <p>*Yogurt Parfait w/Granola<br/>WGR Breakfast Cereal<br/>WGR Bread Item<br/><b>Choose 2 of the Above Items</b></p> <p>Served with Fruit Cup, 100% juice, &amp; Milk</p> | <p>31</p> <p>WGR Breakfast Cereal<br/>Breakfast Bar (Cookie)<br/>Sunflower Nuts<br/>String Cheese<br/><b>Choose 2 of the Above Items</b></p> <p>Served with fruit, 100% juice, &amp; Milk</p> |

Milk is available every day. Menus are subject to change without notice. Available Whole Grain Cereal: Rice Krispy, Froot Loops, Cocoa Puffs, Cheerios, or Cinnamon toast Crunch

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


August 2018

Middle School Breakfast Menu

Line 2

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|-----------|----------|--------|
|--------|---------|-----------|----------|--------|




|  |   |   |   |   |
|--|---|---|---|---|
| <p>20</p> <p>Staff Development</p>   | <p>21</p> <p>½ Day No Breakfast</p>   | <p>22</p> <p>Egg &amp; Cheese Slider<br/>OR<br/>Sausage &amp; Cheese Slider<br/>OR<br/>Bacon Scramble Pizza or<br/>Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p> | <p>23</p> <p>Bacon Scramble Pizza<br/>OR<br/>Breakfast Sausage Pizza<br/>OR<br/>French Toast Sticks w/<br/>Sausage Links</p> <p>Served with fruit and 100% juice.</p> | <p>24</p> <p>Cheddar Cheese Omelet<br/>OR<br/>Mini Maple Pancakes<br/>OR<br/>Breakfast Sausage Pizza<br/>OR<br/>Bacon Scramble Pizza</p> <p>Served with fruit and 100% juice.</p> |
| <p>27</p> <p>Bacon Scramble Pizza<br/>OR<br/>Breakfast Sausage Pizza<br/>OR<br/>French Toast Sticks<br/>w/Sausage Links</p> <p>Served with fruit and 100% juice.</p> | <p>28</p> <p>Bacon Scramble Pizza<br/>OR<br/>Breakfast Sausage Pizza<br/>OR<br/>Golden Eagle Waffles W/<br/>Sausage Links<br/>OR<br/>Egg, Cheese, &amp; Turkey<br/>Sausage Burrito</p> <p>Served with fruit and 100% juice.</p> | <p>29</p> <p>Egg &amp; Cheese Slider<br/>OR<br/>Sausage &amp; Cheese Slider<br/>OR<br/>Bacon Scramble Pizza or<br/>Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p> | <p>30</p> <p>Bacon Scramble Pizza<br/>OR<br/>Breakfast Sausage Pizza<br/>OR<br/>Pancake on a Stick</p> <p>Served with fruit and 100% juice.</p>                       | <p>31</p> <p>Bacon Scramble Pizza<br/>OR<br/>Breakfast Sausage Pizza<br/>OR<br/>Pancake on a Stick</p> <p>Served with fruit and 100% juice.</p>                                   |

Milk is available every day. Menus are subject to change without notice. Available Whole Grain Cereal: Rice Krispy, Froot Loops, Cocoa Puffs, Cheerios, or Cinnamon toast Crunch

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

# August 2018 Middle School Lunch Menu

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday   |
|---|---|---|--|--|
|   |   |   |  |  |
| 20  | 21  | 22  | 23   | 24   |
| <p><b>Staff Development</b></p>   | <p><b>½ Day- No Lunch Served</b></p> <p><b>Staff Development</b></p>  | <p><b>"We Love Summer!"</b></p> <p>Hot Dog or Cheeseburger<br/>Baked Vegetarian Beans<br/>Fresh Carrot Sticks<br/>Dip<br/>Fresh Strawberries<br/>Zee Zees Campfire<br/>S'more Bar</p>  | <p>Roast Beef &amp; Cheddar Sandwich or Breaded Chicken Sandwich<br/>Puzzle Fries<br/>Cucumbers Slices<br/>Dip<br/>S.D. Watermelon Slice</p>   | <p>Chicken Nuggets or Fish Shapes<br/>Mashed Potatoes<br/>Gravy<br/>Fresh Vegetables<br/>Dip<br/>Assorted Fruits<br/>Mini Rice Krispies Bar</p>      |
| 27  | 28  | 29  | 30   | 31   |
| <p>Walking Taco or **Mr. Ribb<br/>Toppings: Lettuce, Cheese, Salsa, Tomatoes &amp; Onions<br/>Green Beans<br/>Fresh Sweet Peppers<br/>Dip<br/>Diced Peaches</p> | <p>Breakfast Pizza W/ Cheese Stick or Breaded Chicken Sandwich<br/>Batter Bites<br/>Wango Mango Vegetable Juice<br/>Frozen Fruit SideKick</p> | <p>Tangerine Chicken or Popcorn Chicken<br/>Poultry Rice<br/>Gravy<br/>Fresh Broccoli Florets<br/>Dip<br/>S.D. Watermelon Slice</p>   | <p>Hamburger or Pasta W/Turkey Alfredo or Pasta W/ Meat Sauce and Bread Stick<br/>Mixed Greens Salad<br/>Salad Dressing<br/>Fresh Carrots/Dip<br/>Fresh Apple Slices (Red, Yellow, or Green)</p> | <p>Mini Corn Dogs or Fish Sandwich<br/>Baked Vegetarian Beans<br/>Tortilla Chips<br/>Salsa<br/>Fresh Cucumber Slices<br/>Dip<br/>Assorted Fruits</p> |

Low-Fat and Skim Milk are Available daily. Menus are subject to change without notice.

\*\*Contains Pork