

# Middle School Breakfast

Line 1

September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">3</p> <p>Labor Day- No School</p> 	<p style="text-align: right;">4</p> <p>Berry Smoothie or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, &amp; Milk.  *Make "Overnight Oats"</p>	<p style="text-align: right;">5</p> <p>"Overnight Oats" WGR Breakfast Cereal Frosted Cinnamon Roll <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, &amp; Milk</p>	<p style="text-align: right;">6</p> <p>WGR Breakfast Cereal Mini Donuts Yogurt String Cheese <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, &amp; Milk</p>	<p style="text-align: right;">7</p> <p>WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, &amp; Milk</p>
<p style="text-align: right;">10</p> <p>WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, &amp; Milk</p>	<p style="text-align: right;">11</p> <p>Food Court Smoothie or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, &amp; Milk  *Make "Overnight Oats"</p>	<p style="text-align: right;">12</p> <p>"Overnight Oats" WGR Breakfast Cereal Carmel Roll <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, &amp; Milk</p>	<p style="text-align: right;">13</p> <p>*Yogurt Parfait w/Granola WGR Breakfast Cereal Breakfast Bar <b>Choose 2 of the Above Items</b> Served with Fruit Cup, 100% juice, &amp; Milk</p>	<p style="text-align: right;">14</p> <p>WGR Breakfast Cereal Mini Donuts Yogurt String Cheese <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, &amp; Milk</p>
<p style="text-align: right;">17</p> <p>WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, &amp; Milk</p>	<p style="text-align: right;">18</p> <p>Berry Smoothie or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, &amp; Milk.  *Make "Overnight Oats"</p>	<p style="text-align: right;">19</p> <p>"Overnight Oats" WGR Breakfast Cereal Frosted Cinnamon Roll <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, &amp; Milk</p>	<p style="text-align: right;">20</p> <p>*Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item <b>Choose 2 of the Above Items</b> Served with Fruit Cup, 100% juice, &amp; Milk</p>	<p style="text-align: right;">21</p> <p>WGR Breakfast Cereal Mini Donuts Yogurt String Cheese <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, &amp; Milk</p>
<p style="text-align: right;">24</p> <p>WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, &amp; Milk</p>	<p style="text-align: right;">25</p> <p>Food Court Smoothie or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, &amp; Milk  *Make "Overnight Oats"</p>	<p style="text-align: right;">26</p> <p>"Overnight Oats" WGR Breakfast Cereal Frosted Cinnamon Roll <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, &amp; Milk</p>	<p style="text-align: right;">27</p> <p>Breakfast Banana Split WGR Breakfast Cereal Breakfast Bar <b>Choose 2 of the Above Items</b> Served with Fruit Cup, 100% juice, &amp; Milk</p>	<p style="text-align: right;">28</p> <p>WGR Breakfast Cereal Mini Donuts Yogurt String Cheese <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, &amp; Milk</p>

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)

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

# Middle School Breakfast

Line 2

September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3 Labor Day- No School 	4 Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit and 100% juice.	5 Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza  Served with fruit and 100% juice.	6 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links  Served with fruit and 100% juice.	7 Cheddar Cheese Omelet OR Mini Maple Pancakes OR Breakfast Sausage Pizza OR Bacon Scramble Pizza  Served with fruit and 100% juice.
10 Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit and 100% juice.	11 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Golden Eagle Waffles W/ Sausage Links OR Egg, Cheese, & Turkey Sausage Burrito  Served with fruit and 100% juice.  Salsa is available	12 Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza  Served with fruit and 100% juice.	13 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Pancake on a Stick  Served with fruit and 100% juice.	14 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links  Served with fruit and 100% juice.
17 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR  Served with fruit and 100% juice.	18 Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit and 100% juice.	19 Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza  Served with fruit and 100% juice.	20 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links  Served with fruit and 100% juice.	21 Cheddar Cheese Omelet OR Mini Maple Pancakes OR Breakfast Sausage Pizza OR Bacon Scramble Pizza  Served with fruit and 100% juice.
24 Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit and 100% juice.	25 Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit and 100% juice.	26 Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit and 100% juice.	27 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links  Served with fruit and 100% juice.-	28 Cheddar Cheese Omelet OR Mini Maple Pancakes OR Breakfast Sausage Pizza OR Bacon Scramble Pizza  Served with fruit and 100% juice.  Salsa is available

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

# September 2018

# Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>No School</p> 	<p>4</p> <p>Hamburger or Breakfast Pizza W/Cheese Stick Batter Bites Wango Mango Vegetable Juice Blueraspberry/ Lemonade SideKick</p>	<p>5</p> <p>**Mr. Ribb or Chicken Sandwich Baby Baker Potatoes Fresh Pepper Slices Dip S.D. Watermelon Slice</p>	<p>6</p> <p>Cold Cut Sub or Cheeseburger Deluxe Toppings (Lettuce and Cheese) Mixed Greens Salad Salad Dressing Tortilla Chips Salsa Fresh Sweet Strawberries</p>	<p>7</p> <p>Fish Taco or Chicken Snack Wrap or Cooks Choice Fresh Vegetables Dip Fresh Fruit Breakfast Bar</p>
<p>10</p> <p>Sloppy Joe Sliders or **Mr. Ribb Cucumber Coins Fresh Carrots Dip Corn Chips Blueraspberry/ Lemonade SideKick</p>	<p>11</p> <p>Breakfast Sausage Pizza W/Cheese Stick or Breaded Chicken Sandwich Fresh Cauliflower Bites Dip Puzzle Fries S.D. Watermelon Slice</p>	<p>12</p> <p>Chicken Nuggets or Chicken Drumstick Dinner Roll Poultry Rice Gravy Red Cherry Tomatoes Dip Chilled Creamy Coleslaw Fresh Grapes</p>	<p>13</p> <p>BBQ Chicken Sandwich or Pizza Mixed Green Salad Salad Dressing Fresh Broccoli Florets Dip Fresh Sweet Strawberries</p>	<p>14</p> <p>Hot Dog or Fish Sandwich Baked Vegetarian Beans Fresh Vegetables Dip Fresh Fruit</p>
<p>17</p> <p>Walking Taco or Hamburger Deluxe Toppings (Lettuce, Cheese, and Taco Sauce) Cucumber Coins Fresh Baby Carrots Dip S. D. Watermelon Slice</p>	<p>18</p> <p>Breaded Chicken Sandwich Fresh Sweet Pepper Slices Dip Simply Sweet Corn or Corn on the Cob Assorted Fruits</p>	<p>Fish Shapes or Chicken Nuggets Creamy Mashed Potatoes Gravy Fresh Broccoli Florets Dip Fresh Sweet Strawberries</p>	<p>20</p> <p>Hamburger or Pasta W/ Turkey Alfredo Sauce or Meat Sauce W/Bread Steamed Vegetables Mixed Greens Salad Salad Dressing Assorted Fruits</p>	<p>21</p> <p>Chicken or Cheese Quesadilla or Cheeseburger Deluxe Toppings: Grilled Peppers and Onions Baked Vegetarian Beans Fresh Vegetables Dip Assorted Fruits</p>
<p>24</p> <p>Super Nachos or Taco Salad w/Chips or Hamburger Deluxe Toppings: Tomatoes, Black Beans or Lettuce, &amp; Onions Crisp Celery Sticks Cucumber Coins Dip Diced Peaches</p>	<p>25</p> <p>Fish Shapes or Hamburger Steak Dinner Roll Creamy Mashed Potatoes Beef Gravy Fresh Grilled Mushrooms Fresh Carrot Sticks Dip S.D. Watermelon Slice</p>	<p>26</p> <p>Hot Dog or Chicken Patty W/Bun Puzzle Fries Mixed Greens Salad Salad Dressing Yellow Petite Banana</p>	<p>27</p> <p>Teriyaki Chicken or Chicken Drumstick Poultry Rice Gravy Stir Fry Vegetables Fresh Broccoli Florets Dip Fresh Sweet Strawberries</p>	<p>28</p> <p>Mini Corn Dogs or Hamburger Baked Vegetarian Beans Fresh Vegetables Dip Tortilla Chips Salsa Fresh Fruit</p>

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\*SideKick- 100% Frozen fruit juice cup

\*\* Contains Pork