

Middle School Breakfast

Line 1
October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
September 30 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	1 Berry Smoothie or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items Served with fruit, 100% juice, & Milk.	2 Pumpkin Pancake Bar WGR Breakfast Cereal Frosted Cinnamon Roll Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	3 Fresh Baked Biscuit Breakfast Banana Split WGR Breakfast Cereal 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
7 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	8 Food Court Smoothie or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	9 Pumpkin Pancake Bar WGR Breakfast Cereal Carmel Roll Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	10 Fresh Baked Biscuit Breakfast Banana Split WGR Breakfast Cereal Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	11 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk
14 No School 	15 Berry Smoothie or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items Served with fruit, 100% juice, & Milk.	16 Pumpkin Pancake Bar WGR Breakfast Cereal Frosted Cinnamon Roll Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	17 "Lunch For Breakfast" Mini Corn Dogs or Chicken Nuggets Fresh Baked Biscuit Puzzle Fries, 100% juice, & Milk	18 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk
 National School Lunch Week: What's On Your Playlist? October 14th-18th  				
21 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	22 Food Court Smoothie or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	23 Pumpkin Pancake Bar WGR Breakfast Cereal Frosted Cinnamon Roll Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	24 Fresh Baked Biscuit Breakfast Banana Split WGR Breakfast Cereal Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	25  No School
28 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	29 Berry Smoothie or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items Served with fruit, 100% juice, & Milk.	30 Pumpkin Pancake Bar WGR Breakfast Cereal Frosted Cinnamon Roll Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	31 Fresh Baked Biscuit Breakfast Banana Split WGR Breakfast Cereal Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	November 1 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk

Menus are subject to change without notice.

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

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)

Pumpkin Pancake Bar: A pancake recipe turned into a tasty bar topped with non-dairy topping and cinnamon

Monday	Tuesday	Wednesday	Thursday	Friday
September 30 *Breakfast Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Served with fruit, 100% juice, & Milk	1 Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with fruit, 100% juice, & Milk	2 *Breakfast Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with fruit, 100% juice, & Milk	3 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Yogurt Served with fruit, 100% juice, & Milk	4 Cheddar Cheese Omelet OR Mini Maple Pancakes OR Breakfast Sausage Pizza OR Bacon Scramble Pizza Served with fruit, 100% juice, & Milk
7 *Breakfast Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with fruit, 100% juice, & Milk	8 Egg, Cheese, & Turkey Sausage Burrito OR Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with fruit, 100% juice, & Milk Salsa is available	9 Egg & Cheese Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with fruit, 100% juice, & Milk	10 French Toast Sticks w/ Cheese Stick OR Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with fruit, 100% juice, & Milk	11 Pancake on a Stick OR Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with fruit, 100% juice, & Milk
14 No School 	15 Egg, Cheese, & Turkey Sausage Burrito OR Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with fruit, 100% juice, & Milk	16 Egg & Cheese Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with fruit, 100% juice, & Milk	17 "Lunch For Breakfast" Cheese Omelet W/Biscuit or Steak Burger Puzzle Fries Served with fruit, 100% juice, & Milk	18 French Toast Sticks w/ Yogurt OR Breakfast Sausage Pizza OR Bacon Scramble Pizza Served with fruit, 100% juice, & Milk
 National School Lunch Week: What's On Your Playlist? October 14th - 18th				
21 *Breakfast Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with fruit, 100% juice, & Milk	22 Egg, Cheese, & Turkey Sausage Burrito OR Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with fruit, 100% juice, & Milk	23 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR *Breakfast Slider Served with fruit, 100% juice, & Milk	24 French Toast Sticks w/ Sausage Links OR Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with fruit, 100% juice, & Milk	25  No School
28 *Breakfast Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with fruit, 100% juice, & Milk	29 Egg, Cheese, & Turkey Sausage Burrito OR Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with fruit, 100% juice, & Milk	30 Egg & Cheese Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with fruit, 100% juice, & Milk	31 French Toast Sticks w/ Sausage Links OR Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with fruit, 100% juice, & Milk	November 1 Cheddar Cheese Omelet OR Breakfast Sausage Pizza OR Bacon Scramble Pizza Served with fruit, 100% juice, & Milk

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

*Breakfast Slider: Egg & Cheese Slider or (Turkey) Sausage & Cheese Slider

Middle School Lunch Menu

October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
September 30 Hot Dog Or Breaded Chicken Sandwich Sweet Pepper Slices Dip Baked Vegetarian Beans Diced Pears	1 Walking Taco or Grilled Chicken Deluxe Toppings: Lettuce, Cheese, and Taco Sauce Fresh Carrots Crisp Celery Sticks Dip Warm Cinnamon Apple Slices	2 Chicken Drumstick or Fish Shapes Poultry Rice Gravy Oven Roasted Squash Fresh Cucumbers Dip Yellow Petite Banana	3 Cheeseburger or Chicken Nuggets Dinner Roll Simply Sweet Corn Mixed Greens Salad Salad Dressing Diced Peaches	4 Cheese Pizza or Mini Corn Dogs Baked Vegetarian Beans Fresh Vegetables Dip Mandarin Oranges
7 Breaded Chicken Sandwich or **Mr. Ribb Steamed Peas Crisp Carrot Sticks Dip BlueRaspberry/ Lemonade SideKick	8 Hamburger or French Toast Sticks W/ Sausage Links Batter Bites Wango Mango Vegetable Juice Diced Pears	9 Fish Shapes or Popcorn Chicken Creamy Mashed Potatoes Gravy Squash Fresh Cucumber Slices Dip Fresh Apple Slices	10 Cold Cut Sub or Bacon Cheeseburger Deluxe Toppings Lettuce, Tomatoes, & Cheese Baked Vegetarian Beans Fresh Vegetables/Dip Diced Peaches Celebrating October Birthdays!	11 Cheese Pizza or BBQ Chicken Sandwich Tortilla Chips Salsa Fresh Carrot Sticks Dip Assorted Fruits
14 No School 	15 Egg Pizza or Breakfast (Turkey) Sausage Pizza Batter Bites Fresh Pepper Slices Dip Mandarin Oranges	16 Tangerine Chicken or Chicken Nuggets or Chicken Teriyaki Poultry Rice Gravy Oven Roasted Squash Fresh Cucumber Coins Dip Fresh Grapes	17 Chicken Fajitas or Taco Burger Toppings: Shredded Lettuce, Cheese, & Taco Sauce Simply Sweet Corn Red Cherry Tomatoes Dip Diced Pears	18 Hot Dog (All Beef) or Fish Sandwich Corn Chips Baked Vegetarian Beans Fresh Vegetables Dip Assorted Fruits
 National School Lunch Week: What's On Your Playlist?  October 14th-18th  				
21 Super Nachos or Hamburger Deluxe Toppings: Lettuce, Tomatoes, Pinto Beans, & Onions Rice Crisp Carrot Sticks Fresh Cucumber Coins Dip Applesauce	22 Roast Beef-N-Cheddar or French Toast Sticks w/Go Gurt *Potato Smiles Wango Mango Vegetable Juice Mandarin Oranges	23 Fish Shapes or Chicken Nuggets Creamy Mashed Potatoes Gravy Fresh Broccoli Florets Dip Fresh Apple Slices	24 Pasta w/Meat Sauce or Turkey Alfredo w/Breadstick or Hamburger Mixed Greens Salad Salad Dressing Crisp Carrot Sticks Dip Diced Peaches	25  No School
28 **Mr. Ribb or Sloppy Joe Baked Vegetarian Beans Chips Salsa Yellow Petite Banana	29 Cheeseburger or Breaded Chicken Sandwich Fresh Carrot Sticks Mixed Greens Salad Salad Dressing Applesauce	30 Hamburger Steak or Fish Shapes or Chicken Drumstick Creamy Mashed Potatoes Beef Gravy Dinner Roll Grilled Mushrooms Fresh Broccoli Florets Dip Diced Peaches	31 Tangerine Chicken or Teriyaki Chicken W/ Poultry Rice & Gravy or Hamburger Oven Roasted Squash Fresh Carrots Dip Fresh Apple Slices	November 1 Mini Corn Dogs or Hamburger Puzzle Fries Fresh Vegetables Dip Assorted Fruits

Milk is available every day. Menus are subject to change without notice. All toppings are optional. **Contains Pork