

# Middle School Breakfast

Line 1

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 WGR Breakfast Cereal Nutrigrain Bar Yogurt String Cheese <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, & Milk	3 Apple Pie Parfait or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, & Milk.	4 WGR Breakfast Cereal Frosted Cinnamon Roll Served with fruit, 100% juice, & Milk	5 Fresh Baked Biscuit WGR Breakfast Cereal Served with fruit, 100% juice, & Milk	6 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, & Milk
9 WGR Breakfast Cereal Strawberry Pop Tart Yogurt String Cheese <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, & Milk	10 Banana Cream Pie Parfait or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, & Milk.	11 WGR Breakfast Cereal Frosted Cinnamon Roll Served with fruit, 100% juice, & Milk	12 Nutrigrain Bar WGR Breakfast Cereal Served with fruit, 100% juice, & Milk	13 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, & Milk
16 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, & Milk	17 Apple Pie Parfait or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item <b>Choose 2 of the Above Items</b> Served with fruit, 100% juice, & Milk	18 WGR Breakfast Cereal Frosted Cinnamon Roll Served with fruit, 100% juice, & Milk	19 Strawberry Pop Tart WGR Breakfast Cereal Served with fruit, 100% juice, & Milk	20 WGR Breakfast Cereal Mini Donuts String Cheese Served with fruit, 100% juice, & Milk
23 <b>Winter Vacation No School</b> 	24 	25 <b>Winter Vacation No School</b> 	26 	27 <b>Winter Vacation No School</b> 
30 <b>Winter Vacation No School</b> 	31 <b>New Year's Eve</b> 	January 1 <b>HAPPY NEW YEAR!</b> 	January 2 <b>Winter Vacation No School</b> 	January 3 <b>Winter Vacation No School</b> 

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

# Middle School Breakfast

Line 2

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 *Breakfast Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit, 100% juice, & Milk	3 **Breakfast Burrito w/Salsa OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit, 100% juice, & Milk	4 Egg & Cheese Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit, 100% juice, & Milk	5 Mini Maple Pancakes w/ Sausage Links OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit, 100% juice, & Milk	6 Cheddar Cheese Omelet W/ Salsa OR Breakfast Sausage Pizza OR Bacon Scramble Pizza  Served with fruit, 100% juice, & Milk
9 *Breakfast Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza OR  Served with fruit, 100% juice, & Milk	10 Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit, 100% juice, & Milk	11 *Breakfast Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit, 100% juice, & Milk	12 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Yogurt  Served with fruit, 100% juice, & Milk	13 Cheddar Cheese Omelet W/ Salsa OR Mini Maple Pancakes OR Breakfast Sausage Pizza OR Bacon Scramble Pizza  Served with fruit, 100% juice, & Milk
16 *Breakfast Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit, 100% juice, & Milk	17 **Breakfast Burrito w/Salsa OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit, 100% juice, & Milk Salsa is available	18 Egg & Cheese Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit, 100% juice, & Milk	19 Cheddar Cheese Omelet OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit, 100% juice, & Milk	20 Pancake on a Stick OR Bacon Scramble Pizza OR Breakfast Sausage Pizza  Served with fruit, 100% juice, & Milk
23 <b>Winter Vacation No School</b> 	24 	25 <b>Winter Vacation No School</b> 	26 	27 <b>Winter Vacation No School</b> 
30 <b>Winter Vacation No School</b> 	31 <b>New Year's Eve</b> 	January 1 <b>HAPPY NEW YEAR!</b> 	January 2 <b>Winter Vacation No School</b> 	January 3 <b>Winter Vacation No School</b> 

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  
\*\*Breakfast Burrito: Egg, Cheese, & Turkey Sausage in soft shell

# Middle School Lunch Menu

## December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 BBQ Chicken Sandwich or French Toast Sticks W/Cheese Omelet or Pork Maple Sausage Links Batter Bites Fresh Vegetables Dip Assorted Fruits	3 Fish Shapes or Chicken Nuggets Poultry Rice Gravy Oven Roasted Squash Fresh Broccoli Florets Dip Pineapple Tidbits	4 Quesadilla (Chicken or Cheese) or Breaded Chicken Sandwich Deluxe Toppings: Lettuce, Tomatoes, Fiesta Salsa, & Onions Rice Crisp Carrot Sticks Crisp Celery Sticks Dip Baked Apple Slices	5 Pasta w/Meat Sauce or Turkey Alfredo w/Breadstick or Hamburger Mixed Greens Salad Salad Dressing Fresh Cucumber Coins Dip Strawberry Dessert	6 Bacon Cheeseburger or Fish Sandwich Baked Vegetarian Beans Crisp Carrot Sticks Dip Fresh Apple Slices (Red, Yellow, or Green)
9 Crispy Chicken Sticks or Mini Corn Dog Mac & Cheese Crisp Carrot Sticks Fresh Pepper Slices Dip Applesauce	10 Egg Pizza or Breakfast (Turkey) Sausage Pizza or Hamburger Sweet Steamed Corn Fresh Broccoli Florets Dip Fresh Orange Slices	11 Tangerine Chicken or Teriyaki Chicken W/ Poultry Rice & Gravy or Hamburger Fresh Cauliflower Bites Fresh Cucumber Slices Dip Pineapple Tidbits	12 Cold Cut Sub or Hot Dog Toppings: Lettuce, Tomatoes, & Cheese Baked Vegetarian Beans Fresh Pepper Slices Dip Baked Apple Slices S'More Bar	13 Cheese Pizza or Sloppy Joe Puzzle Fries Baked Vegetables Dip Assorted Fruits
16 Fish Shapes or Popcorn Chicken Mashed Potatoes Gravy Crisp Carrot Sticks Dip Diced Peaches	17 Breaded Chicken Sandwich or Bacon Cheeseburger Puzzle Fries Fresh Broccoli Florets Dip Pineapple Tidbits	18 Walking Taco or Quesadilla (Chicken or Cheese) Toppings: Lettuce, Tomatoes, Fiesta Salsa, & Onions Rice Steamed Green Beans Mandarin Oranges	19 Pasta w/Meat Sauce or Turkey Alfredo w/Breadstick or Hamburger Mixed Greens Salad Salad Dressing Fresh Cauliflower Bites Dip Diced Pears	20 Mini Corn Dogs or Sloppy Joe Baked Vegetarian Beans Fresh Vegetables Dip Assorted Fruits Celebrating December Birthdays!
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30 	31 <b>Winter Vacation No School</b> 	January 1 	January 2 <b>Winter Vacation No School</b> 	January 3 

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