

Middle School Breakfast

Line 1

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School 	3 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.	4 Pumpkin Pancake Bar WGR Breakfast Cereal Frosted Cinnamon Roll Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	5 Fresh Baked Biscuit Breakfast Banana Split WGR Breakfast Cereal Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	6 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk
9 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	10 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	11 Pumpkin Pancake Bar WGR Breakfast Cereal Carmel Roll Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	12 Fresh Baked Biscuit Breakfast Banana Split WGR Breakfast Cereal Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	13 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk
16 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	17 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.	18 Pumpkin Pancake Bar WGR Breakfast Cereal Frosted Cinnamon Roll Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	19 Fresh Baked Biscuit Breakfast Banana Split WGR Breakfast Cereal Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	20 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk
23 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	24 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	25 Pumpkin Pancake Bar WGR Breakfast Cereal Frosted Cinnamon Roll Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	26 Fresh Baked Biscuit Breakfast Banana Split WGR Breakfast Cereal Choose 2 of the Above Items Served with fruit, 100% juice, & Milk	27 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, 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)

Pumpkin Pancake Bar:

Middle School Breakfast

Line 2

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>No School</p> 	<p>Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>*Breakfast Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Yogurt</p> <p>Served with fruit and 100% juice.</p>	<p>Cheddar Cheese Omelet OR Mini Maple Pancakes OR Breakfast Sausage Pizza OR Bacon Scramble Pizza</p> <p>Served with fruit and 100% juice.</p>
9	10	11	12	13
<p>*Breakfast Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Egg, Cheese, & Turkey Sausage Burrito</p> <p>Served with fruit and 100% juice.</p> <p>Salsa is available</p>	<p>Egg & Cheese Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Cheese Stick</p> <p>Served with fruit and 100% juice.</p>	<p>Pancake on a Stick OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>
16	17	18	19	20
<p>*Breakfast Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza OR</p> <p>Served with fruit and 100% juice.</p>	<p>Egg, Cheese, & Turkey Sausage Burrito OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>Egg & Cheese Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Yogurt</p> <p>Served with fruit and 100% juice.</p>	<p>Cheddar Cheese Omelet OR Breakfast Sausage Pizza OR Bacon Scramble Pizza</p> <p>Served with fruit and 100% juice.</p>
23	24	25	26	27
<p>*Breakfast Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Egg, Cheese, & Turkey Sausage Burrito</p> <p>Served with fruit and 100% juice.</p>	<p>*Breakfast Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links</p> <p>Served with fruit and 100% juice.-</p>	<p>Pancake On A Stick OR Breakfast Sausage Pizza OR Bacon Scramble Pizza</p> <p>Served with fruit and 100% juice.</p> <p>Salsa is available</p>

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

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

September 2019

Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>No School</p> 	<p>3</p> <p>Hamburger or French Toast Sticks & Yogurt Batter Bites Wango Mango Vegetable Juice Blueraspberry/ Lemonade SideKick</p>	<p>4</p> <p>Popcorn Chicken or Fish Shapes Mashed Potatoes Gravy Cucumber Slices Dip Watermelon Slice</p>	<p>5</p> <p>Cold Cut Sub or Bacon Cheeseburger Deluxe Toppings (Lettuce and Cheese) Mixed Greens Salad Salad Dressing Tortilla Chips Salsa Fresh Sweet Strawberries</p>	<p>6</p> <p>Fish Taco or Chicken Snack Wrap Fresh Vegetables Dip Fresh Fruit Birthday Treats!! (Chocolate Chip or Sugar Cookie)</p> <p>Celebrating All of August & September Birthdays!</p>
<p>9</p> <p>Breaded Chicken Sandwich or **Mr. Ribb Steamed Peas Fresh Carrots Dip Corn Chips Blueraspberry/ Lemonade SideKick</p>	<p>10</p> <p>Breakfast Sausage Pizza W/Cheese Stick or Hamburger Fresh Cauliflower Bites Dip Puzzle Fries S.D. Watermelon Slice</p>	<p>11</p> <p>Tangerine Chicken or Chicken Nuggets Dinner Roll Poultry Rice Gravy Red Cherry Tomatoes Dip Chilled Creamy Coleslaw Fresh Grapes</p>	<p>12</p> <p>Mini Corn Dogs or Cheese Pizza Mixed Green Salad Salad Dressing Fresh Broccoli Florets Dip Fresh Sweet Strawberries</p>	<p>13</p> <p>Hot Dog or BBQ Chicken Sandwich Baked Vegetarian Beans Fresh Vegetables Dip Fresh Fruit</p>
<p>16</p> <p>Walking Taco or Hamburger Deluxe Toppings (Lettuce, Cheese, and Taco Sauce) Cucumber Coins Fresh Baby Carrots Dip Mandarin Oranges</p>	<p>17</p> <p>Breaded Chicken Sandwich or French Toast Sticks & Yogurt Fresh Sweet Pepper Slices Dip *Potato Smiles Watermelon Slice</p>	<p>18</p> <p>Fish Shapes or Chicken Nuggets Creamy Mashed Potatoes Gravy Fresh Broccoli Florets Dip Fresh Grapes</p>	<p>19</p> <p>Hamburger or Pasta W/ Turkey Alfredo Sauce or Meat Sauce W/Bread Steamed Vegetables Mixed Greens Salad Salad Dressing Fresh Sweet Strawberries</p>	<p>20</p> <p>Chicken or Cheese Quesadilla or Cheeseburger Deluxe Toppings: Grilled Peppers and Onions Baked Vegetarian Beans Fresh Vegetables Dip Assorted Fruits</p>
<p>23</p> <p>Hot Dog or Chicken Patty W/Bun Puzzle Fries Mixed Greens Salad Salad Dressing Pineapple Tidbits</p>	<p>24</p> <p>Fish Shapes or Hamburger Steak Dinner Roll Creamy Mashed Potatoes Beef Gravy Fresh Grilled Mushrooms Fresh Carrot Sticks Dip Watermelon Slice</p>	<p>25</p> <p>Sloppy Joe or **Mr. Ribb Baked Vegetarian Beans Chips Salsa Yellow Petite Banana</p>	<p>26</p> <p>Tangerine Chicken or Teriyaki Chicken or Chicken Drumstick Poultry Rice Gravy Stir Fry Vegetables Fresh Broccoli Florets Dip Fresh Sweet Strawberries</p>	<p>27</p> <p>Mini Corn Dogs or Hamburger Baked Vegetarian Beans Fresh Vegetables Dip Fresh Fruit</p>

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*Potato Smiles

** Contains Pork