



September 2019

Middle School Lunch Menu

Breakfast Cost \$ 1.50 Each Day
Lunch Cost \$ 2.75 Each Day
Extra Milk \$.50 Each

Monday

Tuesday

Wednesday

Thursday

Friday

<p>2 NO SCHOOL LABOR DAY</p>	<p>3 WG Toasted Cheese Sandwich OR WG Crispy Chicken on WG Bun Tomato Soup or Green Peas WG Goldfish Crackers Fruit Choice</p>	<p>4 Meaty Nachos & Shredded Cheese With WG Baked Scoops or WG Soft Tortilla OR Cheeseburger on WG Bun Mixed Green Salad or Corn Fruit Choice</p>	<p>5 WG Mini Corn Dogs OR BBQ Rib on WG Bun California Blend or Baked Beans Fruit Choice WG Cookie</p>	<p>6 WG Quesadilla OR WG Tenderloin on WG Bun Baked Crinkle Fries or Steamed Broccoli Fruit Choice</p>
<p>9 WG Cheese Ravioli with WG Breadstick OR Cheeseburger on WG Bun Country Mixed Vegetables or Mixed Green Salad Fruit Choice</p>	<p>10 WG Stuffed Crust Pizza OR WG Crispy Chicken on WG Bun Steamed Carrots or Corn Fruit Choice WG Mini Rice Krispie Treat</p>	<p>11 Salisbury Steak with Brown Gravy with WG Dinner Roll OR Cheeseburger on WG Bun Mashed Potatoes or Green Beans Fruit Choice</p>	<p>12 WG Popcorn Chicken OR BBQ Rib on WG Bun Baked Curly Fries or Baked Beans Fruit Choice WG Cookie</p>	<p>13 WG Crispy Chicken on WG Bun OR WG Tenderloin on WG Bun Green Peas or California Blend Fruit Choice</p>
<p>16 WG Crispy Chicken Nuggets OR Cheeseburger on WG Bun Corn or Steamed Broccoli WG Cheetos Puffs Fruit Choice</p>	<p>17 WG Rectangle Pizza OR WG Crispy Chicken on WG Bun Fresh Baby Carrots & Ranch Dip or Green Beans Fruit Choice Fruit Snacks</p>	<p>18 WG Crispy Chicken Leg with WG Dinner Roll OR Cheeseburger on WG Bun Mashed Potatoes or Peas & Carrots Fruit Choice</p>	<p>19 Hot Dog on WG Bun OR BBQ Rib on WG Bun Baked Emoji Potatoes or Baked Beans Fruit Choice WG Cookie</p>	<p>20 Manager's Choice</p>
<p>23 WG Cheesy Nachos with WG Baked Scoops OR Cheeseburger on WG Bun Mixed Green Salad or Green Peas Fruit Choice</p>	<p>24 WG Bosco Sticks with Marinara Sauce OR WG Crispy Chicken on WG Bun Corn or Steamed Carrots Fruit Choice WG Scooby-Doo Graham Sticks</p>	<p>25 Homemade Turkey & Noodles with WG Dinner Roll OR Cheeseburger on WG Bun Mashed Potatoes or Green Beans Fruit Choice</p>	<p>26 WG Chicken Tenders OR BBQ Rib on WG Bun Broccoli or Baked Beans Fruit Choice WG Cookie</p>	<p>27 WG Macaroni & Cheese OR WG Tenderloin on WG Bun Country Mixed Vegetables or Coleslaw Fruit Choice Sidekicks Smoothie</p>
<p>30 WG Personal Pan Pizza OR Cheeseburger on WG Bun Green Beans or Steamed Spinach Fruit Choice</p>		<p>USDA REQUIREMENT Students Must Select at Least 1 Item From the Vegetable or Fruit Varieties Offered Daily</p>	<p>Daily Entree Choices WG Peanut Butter & Jelly Uncrustable & Cheese Stick & WG Crackers OR Entrée Salad with WG Breadsticks</p>	<p>Daily Milk Choices 1% White 1% Chocolate 1% Strawberry WG = Whole Grain</p>

Breakfast Menu

Monday: September 9, 23

Bacon, Egg & Cheese on Biscuit

Monday: September 16, 30

Egg & Cheese Omelet On Whole Grain Croissant

Tuesday: September 3, 17

Whole Grain Breakfast Pizza

Tuesday: September 10, 24

Whole Grain Breakfast Sliders

Wednesday: September 4, 11, 18, 25

Sausage & Egg on Biscuit

Thursday: September 5, 19

Biscuit & Sausage Gravy

Thursday: September 12, 26

Bacon, Egg & Cheese Eggstravaganza, Whole Grain Tortilla

Friday: September 6, 20

Whole Grain Mini Pancake & Sausage Wraps, Syrup Cup

Friday: September 13, 27

Whole Grain Honey Chicken on Biscuit

Daily Breakfast Choices

Entrée, Fruit Choice, Juice & Milk
OR

WG Cereal, Fruit Choice, Juice & Milk
OR

Choice of WG Grab & Go Items

USDA REQUIREMENTS

Students Must Select at Least 1 Item from The Fruit Varieties offered Daily