

December 2017 Menu MHS, MMS

All meals are served with 1% or fat free flavored milk

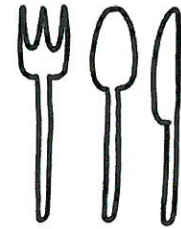
Monday	Tuesday	Wednesday	Thursday	Friday
11/27 Deli Sandwich Bar Assorted Meats Cheese WW Roll 2oz Lettuce, Tomatoes Onions, Pickles, Hots, Mustard, Mayo, Fruit 1Cup	11/28 Famous Chicken Bowl Crispy Chicken Corn Potato Gravy Cheese Fruit 1 cup	11/29 Breakfast for Lunch Eggs & Ham Cheese 2oz Muffin 2oz Fruit 1 Cup	11/30 Philly Chicken & Cheese Sub Chicken Peppers, Onion ½ C Cheese Sauce Fruit 1 cup	1 PIZZA Vegetable 1 cup Fruit 1 Cup
4 Deli Sandwich Bar Assorted Meats Cheese WW Roll 2oz Lettuce, Tomatoes Onions, Pickles, Hots, Mustard, Mayo, Fruit 1Cup	5 Chili w/ Baked Potato Beef, Beans Sauce, Salsa Peppers, Onions Fruit 1 Cup	6 Mac & Cheese WG Pasta Cheese Carrots 1Cup Fruit 1 Cup	7 Hot Beef Sundae Beef 3oz Potato Corn Gravy	8 PIZZA Vegetable 1 cup Fruit 1 Cup
11 Cheese Burger Sub Burger 3oz Cheese Sauce 2oz Peppers, Onions WW Sub Roll 2oz Vegetable 1cup Fruit 1 cup	12 Chicken & Biscuit Chicken 3oz Potato, Carrots, Green Beans, Corn, Onion 1Cup Fruit 1 Cup	13 BBQ Pork Sandwich Pork 3oz WW Roll Sweet Potato Fries 1 Cup Fruit 1 Cup	14 Fish Sandwich Cole Slaw Rice 4oz Fruit 1 Cup	15 PIZZA Vegetable 1 cup Fruit 1 Cup
18 Deli Sandwich Bar Assorted Meats Cheese WW Roll 2oz Lettuce, Tomatoes Onions, Pickles, Hots, Mustard, Mayo, Fruit, 1Cup	19 Turkey Dinner Turkey 3oz Potato ½ Cup Stuffing 2oz Vegetable 1 Cup Cranberry Sauce 1oz Gravy 2oz Fruit 1 cup	20 Grilled Ham & Cheese Sandwich W/Tomato Soup WG Bread Cheese 1oz Soup 8oz Fruit 1 Cup	21 Asian BBQ Chicken Bowl Chicken 3oz Rice 1 cup Vegetable Blend 1 Cup Fruit 1 cup Fortune cookie 1	22 PIZZA Vegetable 1 cup Fruit 1 Cup
25 CLOSED	26 CLOSED	27 CLOSED	28 CLOSED	29 CLOSED

USDA is an equal opportunity provider and employer

You now have the ability to pay for school Breakfast & lunch online.

Monitor your child's account balance; go to- <http://ezschoolpay.com>

Eat Green, Eat Healthy



THE

GREEN

BAR

DREAM-ORACLE

Breakfast Menu Served Daily

Breakfast Sandwich

2oz. Whole Wheat Croissant
1oz Turkey Sausage
1oz. American Cheese
1 Piece of Fruit or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Breakfast Cereal, Whole Grain

Cinnamon Toast Crunch,
Honey Nut Cheerios Golden Graham 1 cup
1 Piece of Fruit or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Whole Wheat Bagel

4oz. Bagel
1oz Cream Cheese
1 Piece or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Parfait

Plain, Fat Free Yogurt 6oz.
Strawberries ½ cup
Granola 3oz
1% or Fat Free Flavored Milk

Served Tuesday/ Thursday

Whole Wheat Raised Donut

3oz Donut
1 Piece of Fruit or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Muffin

Blueberry Banana Muffin, or Cinnamon Coffee Cake
1 Piece of Fruit or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Served Wednesdays & Fridays

Fruit Smoothie

6oz. Plain Fat Free Yogurt
4oz Strawberries
4oz Banana
2oz 100% Orange Juice

Sides

Lite Cream Cheese .25, Sun Butter-2oz, Jam -1oz

Breakfast Meal , Prices- Full Breakfast Meal- \$1.75 /Reduced .30 /Free

SERVED DAILY

Turkey or Ham Wrap

Served with

Wrap

Cheese

Lettuce

Mustard/Mayo

Fruit or Vegetable or Both

Fresh Fruit Salad

Cut up Fresh Fruit

String Cheese

Wheat Thins

Vegetable

Strawberry Parfait

Granola

Strawberries/ Blueberries

Yogurt

String Cheese

Fat Free Flavored or 1% milk is offered

Additional Fruit or Vegetable is also available with these meals.

FULL SALAD BAR OPEN DAILY

All meals are served with 1% or Fat Free Flavored milk

Daily meals are subject to change due to product availability.

Lunch meal \$3.05/reduced .40/ Free

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