



Middle School

Menu

The school meal program uses a computerized meal system. Each student at the Middle School has an established account.

The student PIN is utilized to access the account with each cashier. Food purchases will be deducted from the account balance when the account is used. Credits for students eligible for free and reduced meal benefits will be in the account if applications have been processed.

Payments can be directly deposited into a student's specific account. Payments may be made with cash, check, or the PayPal program using a credit or debit card. Cash cannot be accepted at the cashier, but must be given to the Attendance Office for deposit into the account.

Federal regulations prohibit discrimination on the grounds of race, color, national origin, sex, age, or disability.

Breakfast

7:00—7:30 am

Choose an entree and one to two different sides (include a fruit) to make a meal. Side choices may include:

Fresh or Canned Fruit
Small 100% Juice — Small Milk

Jumbo Muffin

An assortment of individually wrapped whole-grain muffins offered daily. Great for Grab 'N' Go!

Mini Cinnis

Healthier version of cinnamon rolls. Individually wrapped and whole-grain. Add fruit and milk for a wonderful on-the-go breakfast!

BYO Yogurt Parfait

Grab a 4-oz yogurt, a bowl of cereal (or a cereal bar) & some fruit to build your way!

Pillsbury Mini Bagel

Whole grain mini bagels stuffed w/low-fat cinnamon cream cheese or strawberry cream cheese. Individually wrapped & served warm!

Daily Breakfast Special

May include biscuit & gravy, scrambled eggs, oatmeal, pancakes, breakfast burrito and more! Check the menu board for the daily breakfast special.

**PLEASE HAVE YOUR
STUDENT PIN READY
AT THE CASHIER**



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Department of Food Services**

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MENU

Breakfast — Lunch

—Breakfast—

Choose 3-4 items including a fruit.

2 servings bread/grain (some items count as 2)
or
1 serving bread & 1 serving meat/meat alternate

2 servings fruit

1 serving milk

—Lunch—

Choose 3-5 food groups including a fruit or vegetable.

1 serving meat/meat alternate

1 serving bread/grain

2 servings fruit

2 servings vegetables

1 serving milk

Breakfast Prices

Student: \$1.30
Reduced: No Charge
Adult: \$1.85

Lunch Prices

Student: \$2.60
Reduced: \$.40
Adult: \$3.60

Lunch Line 4

Entrée Salads — Pizza

Don't forget! **Take at least 1 fruit or veggie and at least 3 items total to make a complete meal.** See **Daily Sides** for side choices. Entrée salads \$3.25 if purchased separately.

Chef Salad

Fresh lettuce mixed with ham or turkey, cheese, egg, tomato, cucumber, and green pepper. Served with saltines and your choice of dressing. Condiments available on the condiment table in the cafeteria.

Grilled Chicken Salad

Fresh lettuce mixed with grilled chicken pieces. Served with saltines and your choice of dressing available on the condiment table in the cafeteria.

BYO Classic PB&J

Build your own just the way you like it! Served with optional 4-ounce yogurt. Add a veggie, fruit, and milk for a complete meal.

Cheese Pizza

Our own in-house pizza made fresh daily. Extra slices are \$1.75.

Pizza Special of the Day

May include pepperoni, Italian sausage, sausage, hamburger, or meat lovers. All on whole-grain crust! Extra slices are \$1.75.

Silverware, napkins, and condiments are located in the cafeteria on the condiment table.

Lunch Line 1 and Line 2

Homestyle Favorites

Don't forget! **Take at least 1 fruit or veggie and at least 3 items total to make a complete meal.** See **Daily Sides** for side choices. Entrées are \$1.75 if purchased separately.

Hamburger or Cheeseburger

Served on a whole-grain bun. Fixings and condiments available on the condiment table in the cafeteria.

BYO Classic PB&J

Build your own just the way you like it! Served with optional 4-ounce yogurt. Add a veggie, fruit, and milk for a complete meal.

Special of the Day

Check the menu board for the daily special. May include chicken fried steak, tacos, burritos, macaroni & cheese, spaghetti, chicken nuggets, roast turkey, and more!

**PLEASE HAVE YOUR
PIN READY
AT THE CASHIER**

Daily Sides

Take at least one fruit or veggie and at least three items total so your meal counts as a complete lunch. If purchased separately, fruits or veggies \$.75, side salad \$1.25, milk or juice \$.45.

Veggies—Choose 1-2—Fresh or Hot Veggies, Side Salad

Fruit—Choose 1-2—Fresh, Canned, Small Juice

Milk—Choose 1—Skim Chocolate, 1% White

Lunch Line 3

Sandwiches

Don't forget! **Take at least 1 fruit or veggie and at least 3 items total to make a complete meal.** See **Daily Sides** for side choices. Entrees are \$1.75 if purchased separately.

BBQ Rib or Chicken Sandwich

Served on a whole-grain bun. Condiments available on the condiment table in the cafeteria.

Deli Turkey or Ham Sandwich

Thin slices of deli turkey or ham layered on a whole-grain bun, topped with American cheese. Condiments available in the cafeteria on the condiment table.

BYO Classic PB&J

Build your own just the way you like it! Served with optional 4-ounce yogurt. Add a veggie, fruit, and milk for a complete meal.

Extras

All extras are priced individually. Federal regulations prohibit using free and reduced meal benefits to purchase extras.

Breakfast/Lunch Entrée	\$1.75
Entrée Salad	\$3.25
Fruit or Vegetable Side	\$.75
Side Salad	\$1.25
Cereal Bowl	\$1.00
Cereal Bars	\$1.00
Muffin	\$1.00
Yogurt 4 oz	\$.75
Extra Milk or Juice	\$.45