

Daily breakfast includes listed menu item, cereal/oatmeal, 100% juice/fruit & milk.

(P) denotes pork product

½ pint milk served with each lunch

Menu subject to change

Excelsior & Oak Ridge Middle School

Breakfast/Lunch Menu

February- March 2017

Lunch K-5: \$2.50; 6-8: \$2.55
9-12: \$2.60; Breakfast K-12: \$1.50
Adult: Breakfast \$1.70/Lunch \$3.45
Reduced Breakfast: \$.30; Lunch: \$.40
USDA is an equal opportunity provider

27-Day 3 BKF: Nutri grain bar Rotini with marinara sauce Potato bar Salad bar Romaine blend lettuce salad Baby carrots Peaches Apple	28-Day 4 BKF: Muffin Flat bread chicken fajita Taco Tuesday ^(P) (Pork) Salad bar Spanish rice Shredded lettuce Roasted peppers/onions Pears Juicy orange slices	Mar. 1-Day 5 BKF: Bagel bites Beef nachos with tortilla chips Sandwich bar Salad bar Crunchy celery sticks (PB cup or ranch optional) Crisp baby carrots Fresh fruit mix Grapes	2-Day 6 BKF: Egg/cheese breakfast wrap Sloppy joe sandwich PBJ sandwich Salad bar Baked beans Crunchy broccoli florets Peaches Banana	3-Day 1 BKF: Frudel Chicken strips Fish sandwich Hamburger bar Salad bar Mashed potatoes & gravy Fresh baked roll Fresh veggie cup Applesauce and/or fresh fruit
6-Day 2 BKF: Cereal bar Chicken parmesan with spaghetti Fresh baked Italian bread Potato bar Salad bar Crispy romaine salad mix Crunchy baby carrots Fruit cocktail Apple	7-Day 3 BKF: Muffin French toast sticks Taco Tuesday (Shrimp) Salad bar Turkey sausage links Roasted potatoes Cucumber, pepper, tomato cup Spiced cinnamon apples Juicy orange slices	8-Day 4 BKF: Bagel bites Beef tacos with tortilla Sandwich bar Salad bar Shredded lettuce/ diced tomato Refried beans Crunchy celery sticks (PB cup or ranch optional) Peaches Grapes	9-Day 5 BKF: Breakfast Pizza^(P) Turkey tenderloin sandwich PBJ sandwich Salad bar Baked beans Crunchy broccoli florets Applesauce Banana Sugar cookie	10-Day 6 BKF: WG pop tart Mandarin orange chicken with brown rice Fish sandwich Yogurt bar; Salad bar Chicken egg roll Garden fresh sweet peas Fresh veggie cup Pineapple and/or fresh fruit
13 SPRING BREAK	14 SPRING BREAK	15 SPRING BREAK	16 SPRING BREAK	17 SPRING BREAK
20-Day 1 BKF: Granola bar Mini corn dogs Potato bar Salad bar Steamed green beans Crunchy baby carrots Peaches Apple	21-Day 2 BKF: Muffin Breakfast sandwich (egg, turkey sausage and cheese on an English muffin) Taco Tuesday (Beef) Salad bar Potato triangles Cucumber, pepper, tomato cup Fruit cocktail and/or Juicy orange slices	22-Day 3 BKF: Bagel bites Pizza sticks Sandwich bar Salad bar Crispy romaine salad mix Crunchy celery sticks (PB cup or ranch optional) Pears Grapes	23-Day 4 BKF: Breakfast sandwich Philly beef steak & cheese s/w PBJ sandwich Salad bar Baked beans Roasted peppers and onions Crunchy broccoli florets Applesauce and/or Banana	24-Day 5 BKF: Oatmeal round Popcorn chicken bowl (includes popcorn chicken, mashed potatoes & gravy and corn) Fish sandwich Hot dog bar Salad bar Fresh baked roll Mandarin oranges and/or kiwi



