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

Jan. 30-Day 3 BKF: Granola bar	Jan. 31-Day 4 BKF: Muffin	Feb. 1 Day-5 BKF: Bagel bites	2-Day 6 BKF: Breakfast	3-Day 1 BKF: Oatmeal round
Mini corn dogs	Breakfast sandwich (egg,	Pizza sticks	sandwich	Popcorn chicken bowl (includes
Potato bar	turkey sausage and cheese on	Sandwich bar	Philly beef steak & cheese s/w	popcorn chicken, mashed
Salad bar	an English muffin)	Salad bar	PBJ sandwich	potatoes & gravy and corn)
Steamed green beans	Taco Tuesday (Beef)	Crispy romaine salad mix	Salad bar	Fish sandwich
Crunchy baby carrots	Salad bar	Crunchy celery sticks (PB cup or	Baked beans	Hot dog bar
Peaches	Potato triangles	ranch optional)	Roasted peppers and onions	Salad bar
Apple	Cucumber, pepper, tomato cup	Pears	Crunchy broccoli florets	Fresh baked roll
	Fruit cocktail and/or Juicy	Grapes	Applesauce and/or Banana	Mandarin oranges and/or kiwi
	orange slices			
6-Day 2 BKF: Breakfast bar	7-Day 3 BKF: Muffin	8-Day 4 BKF: Bagel bites	9-Day 5 BKF: Egg/cheese	10-Day 6 BKf: Cinnamon Roll
BBQ rib patty sandwich ^(P)	Waffle	Crispitos with cheese sauce	breakfast wrap	Pizza (Cheese or pepperoni ^(p))
Potato bar	Taco Tuesday (Fish)	Sandwich bar	Chicken teriyaki & brown rice	Fish sandwich
Salad bar	Salad bar	Salad bar	PBJ sandwich	Hamburger bar
Baked beans	Turkey sausage patty	Shredded lettuce/diced tomato	Salad bar	Salad bar
Crunchy baby carrots	Potato triangles	Crunchy celery sticks (PB cup or	Fresh baked bread	Crispy baby carrots
Pears	Cucumber, pepper, tomato cup	ranch optional)	Crunchy broccoli florets	Crunchy celery sticks(PB cup or
Apple	Strawberries	Peaches	Steamed mixed veggies	ranch cup optional)
	Juicy orange slices	Grapes	Pineapple and/or banana	Fruit Cocktail and/or fresh fruit
13-Day 1 BKF: Apple bosco	14-Day 2 BKF: Muffin	15-Day 3 BKF: Bagel bites	16-Day 4 BKF: Combo bar ^(P)	17
stick	BBQ pulled pork sandwich ^(P)	Chicken quesadilla	Beef taco with tortilla chips	
Lasagna	Taco Tuesday (Turkey)	Sandwich bar	PBJ sandwich	
Potato bar	Salad bar	Salad bar	Salad bar	
Salad bar	Baked beans	Sunshine carrots	Shredded lettuce & diced	
Fresh baked Italian bread	Cucumber, pepper, tomato cup	Crunchy celery sticks (PB cup or	tomato	NO SCHOOL K-8
Romaine blend lettuce salad	Pears	ranch optional)	Crispy broccoli florets	
Baby carrots	Juicy orange slices	Fruit cocktail and/or Grapes	Pineapple	
Peaches and/or Apple		Chocolate pudding	Banana	
20	21-Day 5 BKF: Muffin	22-Day 6 BKF: Bagel bites	23-Day 1 BKF :Bkf pizza ^(p)	24-Day 2 BKF: Rice krispie bar
	Pancakes	Shrimp poppers	Pork tenderloin ^(P)	Pizza(Cheese or pepperoni ^(p))
	Turkey sausage patty	Sandwich bar	PBJ sandwich	Fish Sandwich
	Taco Tuesday(chicken)	Salad bar	Salad bar	Hot dog bar
	Salad bar	Super sweet potato waffle fries	Baked beans	Salad bar
NO SCHOOL K-12	Potato triangles	Crunchy celery sticks(PB cup or	Crunchy broccoli florets	Crispy romaine salad mix
	Cucumber, pepper, tomato cup	ranch optional)	Fruit cocktail	Fresh veggie cup
	Strawberries	Pears	Banana	Pineapple
	Juicy orange slices	Grapes	Chocolate chip cookie	Fresh fruit variety

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

