

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



May 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

<p>May 1-Day 5 BKF: Granola bar Mini corn dogs Potato bar Salad bar Steamed green beans Crunchy baby carrots Peaches Apple</p>	<p>2-Day 6 BKF: Muffin Breakfast sandwich (egg, turkey sausage and cheese on an English muffin) Taco Tuesday (Beef) Salad bar Potato triangles Crunchy broccoli florets Fruit cocktail Juicy orange slices</p>	<p>3-Day 1 BKF: Bagel bites Pizza sticks Sandwich bar Salad bar Crispy romaine salad mix Crunchy celery sticks (PB cup or ranch optional) Pears Grapes</p>	<p>4-Day 2 BKF: Breakfast sandwich Philly beef steak & cheese s/w PBj sandwich Salad bar Baked beans Roasted peppers and onions Cucumber, pepper, tomato cup Applesauce Banana</p>	<p>5-Day 3 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 Kiwi</p>
<p>8-Day 4 BKF: Breakfast bar BBQ rib patty sandwich^(P) Potato bar Salad bar Baked beans Crunchy baby carrots Pears Apple</p>	<p>9-Day 5 BKF: Muffin Waffle Taco Tuesday (Fish) Salad bar Turkey sausage patty Potato triangles Crunchy broccoli florets Strawberries Juicy orange slices</p>	<p>10-Day 6 BKF: Bagel bites Crispitos with cheese sauce Sandwich bar Salad bar Shredded lettuce/diced tomato Crunchy celery sticks (PB cup or ranch optional) Peaches Grapes</p>	<p>11-Day 1 BKF:Egg/cheese breakfast wrap Chicken teriyaki & brown rice PBj sandwich Salad bar Fresh baked bread Cucumber, pepper, tomato cup Steamed mixed veggies Pineapple and/or banana</p>	<p>12- Day 2 BKF: Cinnamon roll Pizza(Cheese or pepperoni^(P)) Fish Sandwich Hamburger bar Salad bar Fresh baked roll Mandarin oranges Kiwi</p>
<p>15-Day 3 BKF: Apple bosco stick Lasagna Potato bar Salad bar Fresh baked Italian bread Romaine blend lettuce salad Baby carrots Peaches Apple</p>	<p>16-Day 4 BKF: Muffin BBQ pulled pork sandwich^(P) Taco Tuesday (Turkey) Salad bar Baked beans Crunchy broccoli florets Pears Juicy orange slices</p>	<p>17-Day 5 BKF: Bagel bites Chicken quesadilla Sandwich bar Salad bar Sunshine carrots Crunchy celery sticks (PB cup or ranch optional) Fruit cocktail Grapes Chocolate pudding</p>	<p>18-Day 6 BKF: Combo bar^(P) Beef taco with tortilla chips PBj sandwich Salad bar Shredded lettuce & diced tomato Cucumber, pepper, tomato cup Pineapple Banana</p>	<p>19-Day 1 BKF: Graham snacker Chicken patty sandwich Fish sandwich Yogurt bar Salad bar Corn Lettuce & sliced tomato Mandarin oranges Fresh fruit variety</p>

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<p>22- Day 2 BKF: Breakfast bar Meatball sandwich Potato bar Salad bar Green beans Crunchy baby carrots Peaches Apple</p>	<p>23-Day 3 BKF: Muffin Pancakes Turkey sausage patty Taco Tuesday(Chicken) Salad bar Potato triangles Crunchy broccoli florets Strawberries Juicy orange slices</p>	<p>24-Day 4 BKF: Bagel bites Shrimp poppers Sandwich bar Salad bar Super sweet potato waffle fries Crunchy celery sticks(PB cup or ranch optional) Pears Grapes</p>	<p>25- Day 5 BKF: Bkf pizza^(P) Pork tenderloin sandwich^(P) PBJ sandwich Salad bar Baked beans Cucumber, pepper, tomato cup Fruit cocktail Banana Chocolate chip cookie</p>	<p>26-Day 6 BKF: Rice krispie bar Pizza(Cheese or pepperoni^(P)) Fish Sandwich Hot dog bar Salad bar Crispy romaine salad mix Fresh veggie cup Pineapple Fresh fruit variety</p>
<p style="text-align: center;">29 NO SCHOOL K-12</p>	<p>30-Day 1 BKF: Muffin EXCELSIOR-Deli sandwich PB&J sandwich Crunchy celery sticks Carrots Fruit <hr/>OAK RIDGE- All beef hot dog PB&J sandwich Baked beans Baked chip variety Fresh veggie cup Fruit Ice cream cup</p>	<p>31-Day 2 BKF: Bagel bites OAK RIDGE-Deli sandwich PB&J sandwich Crunchy celery sticks Carrots Fruit <hr/>EXCELSIOR- All beef hot dog PB&J sandwich Baked beans Baked chip variety Fresh veggie cup Fruit Ice cream cup</p>	<p style="text-align: center; color: red; font-size: 24px;">HAVE A GREAT SUMMER!!</p>	

Meal account balances will automatically roll to the building where your student will attend next year.

If you are leaving the Linn-Mar District, please request your meal account balance refund from Ruth Noth, Total Access Meal Account Coordinator. She can be reached by phone at (319) 533-5559 or by email at rnoth@linnmar.k12.ia.us. You may also designate your refund be directed to a family who may have a difficult time paying for school meals.

2017/2018 Meal prices

Meal price information is still pending approval. We will post updated information to the LM website as soon as it is available.

Free and Reduced Meal Eligibility

If your family is eligible for free school meals based on food stamp eligibility, you **do not** have to complete a new application form next fall. If you qualify for free or reduced meals based on your income, we will need a new application completed in August. Forms will be mailed to households this summer. Please return your form on registration day. **Sometimes families are surprised to see the upper limits of eligibility.**

Please take time to read through the information you receive. Reduced price meals are \$.30 for breakfast and \$.40 for lunch. This can be a **BIG** savings for our Linn-Mar families. **All** meal choices are available to **all** students regardless of their status. Information regarding meal status is confidential and is not "identifiable" at the cashier station. We will be happy to answer any questions