

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

**AUGUST 2017**

Lunch K-5: \$2.60; 6-8: \$2.65  
9-12: \$2.70; Breakfast K-12: \$1.50  
Adult: Breakfast \$1.70/Lunch \$3.55  
Reduced Breakfast: \$.30; Lunch: \$.40  
USDA is an equal opportunity provider

- The Nutrition Services Department offers healthy, tasty meals which meet the criteria of the Healthy Hunger Free Kids Act. Many fresh fruits and veggies are on the menu. All grain items, including desserts, are made with whole grains.
- In order to be priced as a meal, all students are required to choose ½ cup serving of fruit **or** vegetables at breakfast and lunch. The "meal deal" is the best value in terms of price and nutrition. A lunch meal includes a choice of entree, up to three side dishes and milk.
- Breakfast is offered daily. Choices include cereal, milk, juice/fruit, and a daily entrée listed on the menu. There's something for everyone and the cost is low. **Breakfast is important to academic success – encourage your students to eat a healthy breakfast!**
- Meals are designed with nutrition in mind. A nutritional analysis of the menu is posted on the Nutrition Services "menu" page on the Linn-Mar website.
- Check out Total Access (our internet based system) where you can review your child's meal account. Student account history including purchases and deposits is easily accessible. If Total Access is new to you, contact Ruth Noth at [nicole.krieger@linnmar.k12.ia.us](mailto:nicole.krieger@linnmar.k12.ia.us). She will help set up your account.
- How do I make an electronic payment? Funds may be deposited electronically to your family meal account. Follow the "Quick Link" on the LM home page *LM Online Payments Portal*. You may log in by entering the user name and password used for Linn-Mar's electronic registration. This is NOT the same username and password used for Total Access. You may deposit funds directly from your checking account or by using a credit/debit card. Credits posted by 9:00 a.m. will be available for same day purchases.
- Questions about nutrition services? Please call Stacy Fish, Nutrition Services Manager at 447-3302 or check out the Nutrition Services webpage. Select the Hot Link "Nutrition" at [www.linnmar.k12.ia.us](http://www.linnmar.k12.ia.us)

<p><b>21</b></p> 	<p><b>22</b></p>	<p><b>23-Day 1 BKF: Oatmeal round</b> Sloppy joe sandwich Yogurt bar Salad bar Baked beans Celery sticks(pb or ranch cup) Pear slices Fresh fruit variety</p>	<p><b>24-Day 2 BKF: Cereal bar</b> Pizza sticks Hot dog bar Salad bar Romaine salad mix Cucumber, pepper, tomato cup Mixed fruit Grapes</p>	<p><b>25-Day 3 BKF: Breakfast wrap</b> Chicken patty sandwich Sandwich bar/Pbj bar Salad bar Corn Lettuce &amp; sliced tomato Mandarin oranges Fresh fruit variety Chocolate chip cookie</p>
<p><b>28-Day 4 BKF: Bagel bites</b> BBQ rib patty sandwich<sup>(P)</sup> Potato bar Salad bar Baked beans Baby carrots Applesauce Fresh fruit variety</p>	<p><b>29-Day 5 BKF: Combo bar<sup>(P)</sup></b> Mini corn dogs Hamburger bar Salad bar Sweep potato fries Broccoli florets Peach slices Fresh fruit variety</p>	<p><b>30-Day 6 BKF: Breakfast pizza<sup>(P)</sup></b> Chicken teriyaki &amp; brown rice Yogurt bar Salad bar Fresh baked bread Celery sticks(pb or ranch cup) Stir fry vegetables Pineapple Fresh fruit variety</p>	<p><b>31-Day 1 BKF: WG long john</b> Beef Taco with tortillas Hot dog bar Salad bar Lettuce/tomato/cheese Refried beans Cucumber, pepper, tomato cup Oranges slices Fresh fruit variety</p>	<p><b>Sept 1-Day 2 BKF: French toast</b> Popcorn chicken Sandwich bar/Pbj bar Salad bar Mashed potatoes &amp; gravy Fresh veggie cup Fresh baked roll Kiwi Fresh fruit variety</p>

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

**SEPTEMBER 2017**

Lunch K-5: \$2.60; 6-8: \$2.65

9-12: \$2.70; Breakfast K-12: \$1.50

Adult: Breakfast \$1.70/Lunch \$3.55

Reduced Breakfast: \$.30; Lunch: \$.40

USDA is an equal opportunity provider

<p><b>September 4</b></p> 	<p><b>5-Day 3 BKF: WG poptart</b> Waffle Hamburger bar Salad bar Turkey sausage links Potato triangles Broccoli florets Strawberries Fresh fruit variety</p>	<p><b>6-Day 4 BKF: Cinnamon roll</b> Crispitos with cheese sauce Yogurt bar Salad bar Shredded lettuce/diced tomato Celery sticks (Pb or ranch cup) Grapes Fresh fruit variety Sugar cookie</p>	<p><b>7-Day 5 BKF: Waffle sticks</b> Philly beef steak &amp; cheese s/w Hot dog bar Salad bar Baked beans Roasted peppers and onions Cucumber, pepper, tomato cup Mixed fruit Fresh fruit variety</p>	<p><b>8-Day 6 BKF: Breakfast sandwich</b> Pizza (Cheese or pepperoni<sup>(P)</sup>) Sandwich bar/Pbj bar Salad bar Romaine salad mix Fresh veggie cup Melon mix Fresh fruit variety</p>
<p><b>11-Day 1 Pancake on a stick<sup>(P)</sup></b> Pork<sup>(P)</sup> tenderloin sandwich Potato bar Salad bar Baked beans Baby carrots Pear slices Fresh fruit variety</p>	<p><b>12-Day 2 BKF: Muffin</b> Beef nachos with tortilla chips Hamburger bar Salad bar Shredded lettuce/diced tomato Broccoli florets Mixed fruit Fresh fruit variety</p>	<p><b>13-Day 3 BKF Oatmeal round</b> Rotini with meat sauce Yogurt bar Salad bar Garlic breadstick Romaine salad mix Celery sticks(Pb or ranch cup) Grapes Fresh fruit variety</p>	<p><b>14-Day 4 BKF: Cereal bar</b> Mandarin orange chicken with brown rice Hot dog bar Salad bar Chicken egg roll Sugar snap peas Cucumber, pepper, tomato cup Mixed fruit Fresh fruit variety Fortune cookie</p>	<p><b>15-Day 5 BKF: Breakfast wrap</b> Chicken strips Sandwich bar/Pbj bar Salad bar Fresh baked bread Baked French fries Fresh veggie cup Applesauce Fresh fruit variety</p>
<p><b>18-Day 6 BKF: Bagel bites</b> Lasagna Potato bar Salad bar Garlic toast Romaine salad mix Baby carrots Peaches Fresh fruit variety</p>	<p><b>19-Day 1 BKF: Combo bar<sup>(P)</sup></b> Pancakes Hamburger bar Salad bar Turkey sausage links Potato triangles Broccoli florets Strawberries Fresh fruit variety</p>	<p><b>20-Day 2 BKF: Breakfast pizza<sup>(P)</sup></b> Sloppy joe sandwich Yogurt bar Salad bar Baked beans Celery sticks(pb or ranch cup) Pear slices Fresh fruit variety</p>	<p><b>21-Day 3 BKF: WG long john</b> Pizza sticks Hot dog bar Salad bar Romaine salad mix Cucumber, pepper, tomato cup Mixed fruit Grapes</p>	<p><b>22-Day 4 BKF: French toast</b> Chicken patty sandwich Sandwich bar/Pbj bar Salad bar Corn Lettuce &amp; sliced tomato Mandarin oranges Fresh fruit variety Chocolate chip cookie</p>
<p><b>25-Day 5 BKF: Frudel pastry</b> BBQ rib patty sandwich<sup>(P)</sup> Potato bar Salad bar Baked beans Baby carrots Applesauce Fresh fruit variety</p>	<p><b>26-Day 6 BKF: WG poptart</b> Mini corn dogs Hamburger bar Salad bar Sweep potato fries Broccoli florets Peach slices Fresh fruit variety</p>	<p><b>27-Day 1 BKF: Cinnamon roll</b> Chicken teriyaki &amp; brown rice Yogurt bar Salad bar Fresh baked bread Celery sticks(pb or ranch cup) Stir fry vegetables Pineapple Fresh fruit variety</p>	<p><b>28-Day 2 BKF: Waffle sticks</b> Beef Taco with tortillas Hot dog bar Salad bar Lettuce/tomato/cheese Refried beans Cucumber, pepper, tomato cup Oranges slices Fresh fruit variety</p>	<p><b>29-Day 3 BKF: Breakfast sandwich</b> Popcorn chicken Sandwich bar/Pbj bar Salad bar Mashed potatoes &amp; gravy Fresh veggie cup Fresh baked roll Kiwi Fresh fruit variety</p>