

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 2018

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>5-Day 6 BKF: Pancake on a stick</b> Pork<sup>(p)</sup> tenderloin s/w Baked beans Baby carrots Pear slices Fresh fruit variety Potato bar Salad bar</p>	<p><b>6-Day 1 BKF: Muffin</b> Beef nachos w/tortilla chips Shredded lettuce/diced tomato Broccoli florets Mixed fruit Fresh fruit variety Hamburger bar Salad bar</p>	<p><b>7-Day 2 BKF: Apple Bosco stick</b> Rotini with meat sauce Garlic breadstick Romaine salad mix Celery sticks(pb or ranch cup) Grapes Fresh fruit variety Yogurt bar Salad bar</p>	<p><b>8--Day 3 BKF: Cereal bar</b> Mandarin orange chicken w/brown rice Chicken and vegetable eggroll Sugar snap peas Cucumber,pepper&amp;tomato cup Mandarin oranges Fresh fruit variety Hot dog bar Salad bar</p>	<p><b>9-Day 4 BKF: Breakfast wrap</b> Chicken strips Fresh baked bread Baked French fries Fresh veggie cup Applesauce Fresh fruit variety Soup bar(Chili) Salad bar</p>
<p><b>12-Day 5 BKF: Bagel bites</b> Lasagna with meat sauce Garlic toast Romaine blend lettuce salad Steamed broccoli Peaches Fresh fruit variety Potato bar Salad bar</p>	<p><b>13-Day 6 BKF: Combo bar<sup>(p)</sup></b> Personal pan pizza(cheese/pepperoni) Peas Broccoli florets Strawberries Fresh fruit variety Hamburger bar Salad bar</p>	<p><b>14-Day 1 BKF: Breakfast pizza<sup>(p)</sup></b> Sloppy Joe s/w Baked beans Celery sticks(pb or ranch cup) Pear slices Fresh fruit variety Yogurt bar Salad bar</p>	<p><b>15- Day 2 BKF: Long John</b> Pizza sticks w/marinara sauce Romaine blend lettuce salad Cucumber,pepper&amp;tomato cup Grapes Fresh fruit variety Hot dog bar Salad bar</p>	<p style="text-align: center;"><b>16</b>  <b>NO SCHOOL</b> <b>K-8</b> </p>
<p style="text-align: center;"><b>19</b>  <b>NO SCHOOL</b> <b>K-12</b> </p>	<p><b>20- Day 3 BKF: WG poptart</b> Mini corn dogs Sweet potato fries Broccoli florets Peach slices Fresh fruit variety Hamburger bar Salad bar</p>	<p><b>21-Day 4 BKF: Breakfast pizza<sup>(p)</sup></b> Chicken teriyaki w/brown rice Dinner roll Stir fry vegetables Celery sticks(pb or ranch cup) Pineapple Fresh fruit variety Yogurt bar Salad bar</p>	<p><b>22-Day 5 BKF: Waffles</b> Beef tacos with tortillas Lettuce/tomato/cheese Refried beans Cucumber,pepper&amp;tomato cup Orange slices Fresh fruit variety Hot dog bar Salad bar</p>	<p><b>23-Day 6 BKF: French toast</b> Popcorn chicken Mashed potatoes &amp; gravy Fresh bread Fresh veggies cup Kiwi Fresh fruit variety Soup bar(Chicken noodle) Salad bar</p>
<p><b>26-Day 1 BKF: Pancake<sup>(p)</sup> stick</b> Chicken parmesan w/spaghetti Breadstick Steamed green beans Baby carrots Fruit cocktail Fresh fruit variety Potato bar Salad bar</p>	<p><b>27-Day 2 BKF: Muffin</b> French Toast sticks Turkey sausage links Potato triangles Broccoli florets Strawberries Fresh fruit variety Hamburger bar Salad bar</p>	<p><b>28-Day 3 BKF: Apple bosco stick</b> Crispitos w/cheese sauce Shredded lettuce/diced tomato Steamed broccoli Grapes Fresh fruit variety Yogurt bar Salad bar</p>	<p><b>March 1-Day 4 BKF: Cereal bar</b> Beef Philly s/w Baked beans Roasted peppers &amp; onions Cucumber,pepper&amp;tomato cup Mixed fruit Fresh fruit variety Hot dog bar Salad bar</p>	<p><b>2-Day 5 BKF: French toast</b> <i>Pizza(cheese, pepperoni)<sup>(p)</sup></i> <i>Romaine blend lettuce salad</i> <i>Fresh veggie cup</i> <i>Fresh melon mix</i> <i>Fresh fruit variety</i> <i>Soup bar(Cheseseburger)</i> <i>Salad bar</i> <i>Sugar cookie</i></p>

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### Breakfast/Lunch Menu

March 2018

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 Reduced Breakfast: \$.30; Lunch: \$.40  
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<p><b>5-Day 6 BKF: Bagel bites</b>                      Pork<sup>(P)</sup> tenderloin s/w                      Baked beans                      Baby carrots                      Pear slices                      Fresh fruit variety                      Potato bar                      Salad bar</p> 	<p><b>6-Day 1 BKF: : Combo bar<sup>(P)</sup></b>                      Beef nachos w/tortilla chips                      Shredded lettuce/diced tomato                      Broccoli florets                      Mixed fruit                      Fresh fruit variety                      Hamburger bar                      Salad bar</p>	<p><b>7-Day 2 BKF: Breakfast pizza<sup>(P)</sup></b>                      Rotini with meat sauce                      Garlic breadstick                      Romaine salad mix                      Celery sticks(pb or ranch cup)                      Grapes                      Fresh fruit variety                      Yogurt bar                      Salad bar</p>	<p><b>8-Day 3 BKF: Long john</b>                      Mandarin orange chicken                      w/brown rice                      Chicken and vegetable eggroll                      Sugar snap peas                      Cucumber,pepper&amp;tomato cup                      Mandarin oranges                      Fresh fruit variety                      Hot dog bar                      Salad bar</p>	<p><b>9- Day 4 BKF: Bkf wrap</b>                      Chicken Strips                      Fresh baked bread                      Baked French fries                      Fresh veggie cup                      Applesauce                      Fresh fruit variety                      Soup bar(Minestrone)                      Salad bar</p>
<p><b>12</b>  <b>No School K-12</b></p> 	<p><b>13</b>  <b>No School K-12</b></p> 	<p><b>14</b>  <b>No School K-12</b></p> 	<p><b>15</b>  <b>No School K-12</b></p> 	<p><b>16</b>  <b>No School K-12</b></p> 
<p><b>19-Day 5 BKF: Frudel pastry</b>                      Lasagna with meat sauce                      Garlic toast                      Romaine blend lettuce salad                      Steamed broccoli                      Peaches                      Fresh fruit variety                      Potato bar                      Salad bar</p>	<p><b>20-Day 6 BKF: WG poptart</b>                      Personal pan pizza                      (cheese or pepperoni<sup>(P)</sup>)                      Peas                      Broccoli florets                      Strawberries                      Fresh fruit variety                      Hamburger bar                      Salad bar</p>	<p><b>21-Day 1 BKF:Cinnamon roll</b>                      Sloppy Joe s/w                      Baked beans                      Celery sticks(pb or ranch cup)                      Pear slices                      Fresh fruit variety                      Yogurt bar                      Salad bar</p>	<p><b>22- Day 2 BKF: Waffle sticks</b>                      Pizza sticks w/marinara sauce                      Romaine blend lettuce salad                      Cucumber,pepper&amp;tomato cup                      Grapes                      Fresh fruit variety                      Hot dog bar                      Salad bar</p>	<p><b>23-Day 3 BKF: Bfs s/w</b>                      Chicken Patty s/w                      Corn                      Lettuce/tomato/pickle                      Mandarin oranges                      Fresh fruit variety                      Sandwich bar/pbj bar                      Salad bar                      Chocolate chip cookie</p>
<p><b>26-Day 4 BKF: Pancake<sup>(P)</sup> stick</b>                      BBQ rib<sup>(P)</sup> s/w                      Baked beans                      Baby carrots                      Applesauce                      Fresh fruit variety                      Potato bar                      Salad bar</p>	<p><b>27- Day 5 BKF:Muffin</b>                      Mini corn dogs                      Sweet potato fries                      Broccoli florets                      Peach slices                      Fresh fruit variety                      Hamburger bar                      Salad bar</p>	<p><b>28-Day 6 BKF: Apple Bosco stick</b>                      Chicken teriyaki w/brown rice                      Dinner roll                      Stir fry vegetables                      Celery sticks(pb or ranch cup)                      Pineapple                      Fresh fruit variety                      Yogurt bar                      Salad bar</p>	<p><b>29- Day 1 BKF: Cereal bar</b>                      Beef taco with tortillas                      Lettuce/tomato/ cheese                      Refried beans                      Cucumber,pepper&amp;tomato cup                      Orange slices                      Fresh fruit variety                      Hot dog bar                      Salad bar</p>	<p><b>30</b>  <b>No School K-12</b></p>