

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 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

7-Day 2 BKF: Pancake on a stick Pork ^(p) tenderloin s/w Baked beans Baby carrots Pear slices Fresh fruit variety Potato bar Salad bar	8-Day 3 BKF: Muffin Beef nachos w/tortilla chips Shredded lettuce/diced tomato Broccoli florets Mixed fruit Fresh fruit variety Hamburger bar Salad bar	9-Day 4 BKF: Apple Bosco stick Rotini with meat sauce Garlic breadstick Romaine salad mix Celery sticks(pb or ranch cup) Grapes Fresh fruit variety Yogurt bar Salad bar	10--Day 5 BKF: Cereal bar Mandarin orange chicken w/brown rice Chicken and vegetable eggroll Sugar snap peas Cucumber,pepper&tomato cup Mandarin oranges Fresh fruit variety Hot dog bar Salad bar	11- Day 6-BKF: Breakfast wrap Chicken Strips Fresh baked bread Baked French fries Fresh veggie cup Applesauce Fresh fruit variety Soup bar-Chicken Noodle Salad bar
14- Day 1 BKF: Bagel bites Lasagna with meat sauce Garlic toast Romaine blend lettuce salad Steamed broccoli Peaches Fresh fruit variety Potato bar Salad bar	15- Day 2 BKF: Combo bar^(p) Personal pan pizza(cheese/pepperoni) Peas Broccoli florets Strawberries Fresh fruit variety Hamburger bar Salad bar	16- Day 3 BKF: Breakfast pizza^(p) Sloppy Joe s/w Baked beans Celery sticks(pb or ranch cup) Pear slices Fresh fruit variety Yogurt bar Salad bar	17- Day 4 BKF: Long John Pizza sticks w/marinara sauce Romaine blend lettuce salad Cucumber,pepper&tomato cup Grapes Fresh fruit variety Hot dog bar Salad bar	18- Day 5 BKF: Breakfast S/W^(p) Chicken Patty s/w Corn Lettuce/tomato/pickle Mixed fruit Fresh fruit variety Sandwich bar/PBJ bar Salad bar Chocolate chip cookie
21-Day 6 BKF: Frudel pastry BBQ rib ^(p) s/w Baked beans Baby carrots Applesauce Fresh fruit variety Potato bar Salad bar	22- Day 1 BKF: WG Poptart Mini corn dogs Sweet potato fries Broccoli florets Peach slices Fresh fruit variety Hamburger bar Salad bar	23-Day 2 BKF: Cinnamon roll Chicken teriyaki w/brown rice Dinner roll Stir fry vegetables Celery sticks(pb or ranch cup) Pineapple Fresh fruit variety Yogurt bar Salad bar	24- Day 3 BKF: Cereal bar Beef taco with tortillas Lettuce/tomato/ cheese Refried beans Cucumber,pepper&tomato cup Orange slices Fresh fruit variety Hot dog bar Salad bar	25- Day 4 BKF: French toast Popcorn chicken Mashed potatoes & gravy Fresh bread Fresh veggie cup Kiwi Fresh fruit variety Sandwich bar/Pbj bar Salad bar



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 May/June 2018**

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<p>28</p> <p>No School K-12</p>	<p>29-Day 5 BKF: Muffin Waffle sticks Turkey sausage links Potato triangles Broccoli florets Strawberries Fresh fruit variety Hamburger bar Salad bar</p>	<p>30-Day 6 BKF: Apple bosco stick Crisпитos w/cheese sauce Shredded lettuce/tomato Steamed broccoli Grapes Fresh fruit variety Yogurt bar Salad bar</p>	<p>31- Day 1 Excelsior Deli Sandwich PB&J Veggies Fruit</p>	<p>31-Day 1 Oakridge Hot Dog or PBJ sandwich Baked beans Baked chips Veggies Fruit</p>	<p>June 1-Day 2 Excelsior Hot Dog or PBJ sandwich Baked beans Baked chips Veggies Fruit Ice cream</p>	<p>June 1 Day 2 Oakridge Deli Sandwich PB&J Veggies Fruit Ice cream</p>
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Find a New Routine for summer.....

The school year comes with plenty of structure, and all that scheduling can help encourage healthy habits. It can be hard to keep those healthy habits. Put a little rhythm into lazy summer days with activities that will keep them active. You can sign your child up for day camp, swim lessons, playgroups, story time, or other activities. Check your local parks district and libraries for free or low-cost options. Or make your own plan for regular activities to cut down on boredom. A daily schedule could mean less screen time and less snacking.

