

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 November/ December 2017

Lunch K-5: \$2.55; 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>6-Day 2 BKF: Pancake on a stick Pork^(p) 6 tenderloin s/w Baked beans Baby carrots Pear slices Fresh fruit variety Potato bar Salad bar</p>	<p>7-Day 3 BKF: Muffin Beef nachos w/tortilla chips Shredded lettuce/diced tomato Broccoli florets Mixed fruit Fresh fruit variety Hamburger bar Salad bar</p>	<p>8-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</p>	<p>9--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</p>	<p>10</p> <p>No School K-8 HS in session</p>
<p>13-Day 6 BKF: Bagel bites Lasagna with meat sauce Garlic toast Romaine blend lettuce salad Steamed broccoli Peaches Fresh fruit variety Potato bar Salad bar</p>	<p>14-Day 1 BKF: Combo bar^(p) Pancakes Turkey sausage links Potato Triangles Broccoli florets Strawberries Fresh fruit variety Hamburger bar Salad bar</p>	<p>15-Day 2 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</p>	<p>16- Day 3 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</p>	<p>17-Day 4 BKF: Breakfast wrap Chicken Patty s/w Corn Lettuce/tomato/pickle Mixed fruit Fresh fruit variety Sandwich bar/PBJ bar Salad bar Chocolate chip cookie</p>
<p>20-Day 5 BKF: Frudel pastry BBQ ribs^(p) s/w Baked beans Baby carrots Applesauce Fresh fruit variety Potato bar Salad bar</p>	<p>21- Day 6 BKF: WG poptart Mini corn dogs Sweet potato fries Broccoli florets Peach slices Fresh fruit variety Hamburger bar Salad bar</p>	<p>22</p> <p>NO SCHOOL K-12</p>	<p>23</p> 	<p>24</p> <p>NO SCHOOL K-12</p>

Flavored milk...how does it impact child nutrition?

Low-fat flavored milk helps students make a nutritious beverage choice. Data show that students choose flavored milk 70% of the time. One recent industry study showed that when schools removed or limited flavored milk options, milk consumption dropped a dramatic 35%, on average. The findings suggest that the resulting drop in milk consumption equates to a substantial loss in nutrients that can't be replaced by another beverage.



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November/December 2017

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<p>27-Day 1 BKF: Pancake^(P) stick Chicken parmesan w/spaghetti Breadstick Steamed green beans Baby carrots Fruit cocktail Fresh fruit variety Potato bar Salad bar</p>	<p>28-Day 2 BKF: Muffin Waffle Turkey sausage links Potato triangles Broccoli florets Strawberries Fresh fruit variety Hamburger bar Salad bar</p>	<p>29-Day 3 BKF: Apple bosco stick Crispitos w/cheese sauce Shredded lettuce/diced tomato Steamed broccoli Grapes Fresh fruit variety Yogurt bar Salad bar</p>	<p>30-Day 4 BKF: Cereal bar Beef philly s/w Baked beans Roasted peppers & onions Cucumber,pepper&tomato cup Mixed fruit Fresh fruit variety Hot dog bar Salad bar</p>	<p>Dec 1-Day 5 BKF: French toast Pizza(cheese, pepperoni^(P)) Romaine blend lettuce salad Fresh veggie cup Fresh melon mix Fresh fruit variety Sandwich/PBJ bar Salad bar Sugar cookie</p>
<p>4-Day 2 BKF: Bagel bites Pork^(P) tenderloin s/w Baked beans Baby carrots Pear slices Fresh fruit variety Potato bar Salad bar</p>	<p>5-Day 3 BKF: : Combo bar^(P) Beef nachos w/tortilla chips Shredded lettuce/diced tomato Broccoli florets Mixed fruit Fresh fruit variety Hamburger bar Salad bar</p>	<p>6-Day 4 BKF: Breakfast pizza^(P) 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>7-Day 5 BKF: Long john 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</p>	<p>8- Day 6 Bkf: Bkf wrap Chicken Strips Fresh baked bread Baked French fries Fresh veggie cup Applesauce Fresh fruit variety Sandwich bar/PBJ bar Salad bar</p>
<p>11-Day 1 BKF: Frudel pastry Lasagna with meat sauce Garlic toast Romaine blend lettuce salad Steamed broccoli Peaches Fresh fruit variety Potato bar Salad bar</p>	<p>12-Day 2 BKF: WG poptart Pancakes Turkey sausage links Potato Triangles Broccoli florets Strawberries Fresh fruit variety Hamburger bar Salad bar</p>	<p>13-Day 3 BKF:Cinnamon roll Sloppy Joe s/w Baked beans Celery sticks(pb or ranch cup) Pear slices Fresh fruit variety Yogurt bar Salad bar</p>	<p>14- Day 4 BKF: Waffle sticks Pizza sticks w/marinara sauce Romaine blend lettuce salad Cucumber,pepper&tomato cup Grapes Fresh fruit variety Hot dog bar Salad bar</p>	<p>15-Day 5 BKF: Bkf s/w Chicken Patty s/w Corn Lettuce/tomato/pickle Mixed fruit Fresh fruit variety Sandwich bar/PBJ bar Salad bar Chocolate chip cookie</p>
<p>18-Day 6 BKF: Pancake^(P) stick BBQ rib^(P) s/w Baked beans Baby carrots Applesauce Fresh fruit variety Potato bar Salad bar</p>	<p>19- Day 1 BKF:Muffin Mini corn dogs Sweet potato fries Broccoli florets Peach slices Fresh fruit variety Hamburger bar Salad bar</p>	<p>20-Day 2 BKF: Apple Bosco stick 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>21- 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</p>	<p style="text-align: center;">December 22-January 2 No school K-12 Winter Break</p>