

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 October 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>2-Day 4 BKF: Apple bosco stick Chicken parmesan w/spaghetti Breadstick Steamed green beans Baby carrots Fruit cocktail Fresh fruit variety Potato bar Salad bar</p>	<p>3-Day 5 BKF: WG poptart Waffle Turkey sausage links Potato triangles Broccoli florets Strawberries Fresh fruit variety Hamburger bar Salad bar</p>	<p>4-Day 6 BKF: Cinnamon roll Crispitos w/cheese sauce Shredded lettuce/diced tomato Steamed broccoli Grapes Fresh fruit variety Yogurt bar Salad bar</p>	<p>5-Day 1 BKF: Waffle sticks Beef Philly cheese steak s/w Baked beans Roasted pepper & onions Cucumber,pepper,tomato cup Mixed fruit Fresh fruit variety Hot dog bar Salad bar</p> <p style="text-align: center;">HOMECOMING</p>	<p>6-Day 2 BKF: Breakfast sandwich Pizza(cheese or pepperoni)^(p) Romaine salad mix Fresh veggie cup Melon mix Fresh fruit variety Sandwich/PBJ bar Salad bar Sugar cookie</p>
<p>9-Day 3 BKF:Pancake on a stick Pork(p) tenderloin s/w Baked beans Baby carrots Pear slices Fresh fruit variety Potato bar Salad bar</p>	<p>10-Day 4 BKF: Muffin Beef Nachos w/ tortilla chips Shredded lettuce/diced tomato Broccoli florets Mixed fruit Fresh fruit variety Hamburger bar Salad bar</p>	<p>11-Day 5 BKF: Apple bosco 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>12-Day 6 BKF: Cereal bar Mandarin orange chicken w/ brown rice Chicken and vegetable eggroll Sugar snap peas Cucumber,pepper,tomato cup Mixed fruit Fresh fruit variety Hot dog bar Salad bar</p>	<p>13-Day 1 BKF: Breakfast wrap Chicken strips Fresh baked bread Baked French fries Fresh veggie cup Applesauce Fresh fruit variety Sandwich/PBJ bar Salad bar</p>



**Did you know
today's school
lunches must meet
federal nutrition
standards?**

**The dedicated staff in
Linn-Mar's Nutrition
Services Department
prepare and serve over
5,000 meals each school
day!**



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Breakfast/Lunch Menu

October/November 2017

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<p>16-Day 2 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>17-Day 3 BKF: Combo bar^(p) Pancakes Turkey sausage links Potato triangles Broccoli florets Strawberries Fresh fruit variety Hamburger bar Salad bar</p>	<p>18-Day 4 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>19-Day 5 BKF: Long john Pizza sticks w/ marinara sauce Romaine salad mix Cucumber,pepper,tomato cup Mixed fruit Grapes Hot dog bar Salad bar</p>	<p>20- Day 6 BKF: French toast Chicken patty s/w Corn Lettuce/tomato/pickle Mandarin oranges Fresh fruit variety Sandwich/PBJ bar Salad bar Chocolate chip cookie</p>
<p>23- Day 1 BKF: Frudel pastry BBQ rib s/w Baked beans Baby carrots Applesauce Fresh fruit variety Potato bar Salad bar</p>	<p>24-Day 2 BKF: WG poptart Mini corn dogs Sweet potato fries Broccoli florets Peach slices Fresh fruit variety Hamburger bar Salad bar</p>	<p>25-Day 3 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</p>	<p>26 NO SCHOOL K-12</p>	<p>27 NO SCHOOL K-12</p>
<p>30 NO SCHOOL K-12</p>	<p>31-Day 4 BKF: WG poptart Waffle Turkey sausage links Potato triangles Broccoli florets Strawberries Fresh fruit variety Hamburger bar Salad bar</p>	<p>1-Day 5 BKF: Cinnamon roll Crispitos w/cheese sauce Shredded lettuce/diced tomato Steamed broccoli Grapes Fresh fruit variety Yogurt bar Salad bar</p>	<p>2-Day 6 BKF: Waffle sticks Beef philly cheese steak s/w Baked beans Roasted pepper & onions Cucumber,pepper,tomato cup Mixed fruit Fresh fruit variety Hot dog bar Salad bar</p>	<p>3-Day 1 BKF: Breakfast sandwich Pizza(cheese or pepperoni^(p)) Romaine salad mix Fresh veggie cup Melon mix Fresh fruit variety Sandwich/PBJ bar Salad bar Sugar cookie</p>

