

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/September 2018-2019

Lunch K-5: \$2.60; 6-8: \$2.65
9-12: \$2.70; Breakfast K-12: \$1.50
Adult: Breakfast \$1.70/Lunch \$3.65
Reduced Breakfast: \$.30; Lunch: \$.40
USDA is an equal opportunity provider

<p>20</p> 	<p>21</p>	<p>22</p>	<p>23-Day 1 BKF: Long John Mandarin orange chicken Chicken and Veggie Eggroll Seasoned rice Sugar snap peas Cuke/pepper/carrot mix Mandarin oranges Fresh fruit variety Yogurt bar Salad bar</p>	<p>24- Day 2 BKF: Breakfast pizza^(P) Chicken patty sandwich Baked Beans Fresh veggie cup Grapes Fresh fruit variety Quesadilla bar Salad bar</p>
<p>27-Day 3 BKF: Combo bar^(P) Stuffed cheese sticks w/marinara Romaine salad w/tomatoes Pineapple chunks Fresh fruit variety Hot dog bar Salad bar</p>	<p>28-Day 4 BKF:Mini pancakes Crispitos w/ cheese sauce Tator tots Fresh veggie cup Kiwi Fresh fruit variety Hamburger bar Salad bar</p>	<p>29-Day 5 BKF: : Egg omelet w/toast Chicken strips Fresh baked bread French fries Fresh veggie cup Mandarin oranges Fresh fruit variety Sandwich bar Salad bar</p>	<p>30-Day 6 BKF: Waffle sticks Pork tenderloin sandwich Baked beans Cuke/pepper/carrot mix Fruit cocktail Fresh fruit variety Yogurt bar Salad bar</p>	<p>31-Day 1 BKF: Cinnamon roll Personal pan pizza (cheese/pepperoni) Romaine salad w/tomatoes Fresh veggie cup Applesauce Fresh fruit variety Potato bar Salad bar Chocolate chip cookie</p>
<p>September 3</p> <p style="text-align: center;">NO SCHOOL K-12</p>	<p>4-Day 2 BKF: Mini waffles Teriyaki Chicken w/rice Dinner roll Stir fry vegetables Fresh veggie cup Pineapple chunk Fresh fruit variety Hamburger bar Salad bar</p>	<p>5-Day 3 BKF: Bkf sandwich^(P) Fish sandwich or Spicy chicken sandwich Baked beans Fresh veggie cup Fresh strawberries Fresh fruit variety Sandwich bar Salad bar</p>	<p>6- Day 4 BKF: Apple bosco stick Pizza Crunchers Steamed broccoli Cuke/pepper/carrot mix Banana Fresh fruit variety Yogurt bar Salad bar</p>	<p>7- Day 5 BKF: Bagel bites Corn dog Sweet potato fries Fresh veggie cup Melon mix Fresh fruit variety Quesadilla bar Salad bar</p>
<p>10-Day 6 BKF: Breakfast burrito Creamy Mac & cheese Breadstick Steamed Broccoli Romaine salad w/tomatoes Orange slices Fresh fruit variety Hot dog bar Salad bar</p>	<p>11-Day 1 BKF:Pancake on a stick^(P) Popcorn Chicken Fresh baked bread Mashed potatoes/gravy Fresh veggie cup Fruit cup Fresh fruit variety Hamburger bar Salad bar</p>	<p>12-Day 2 BKF: French toast sticks Rotini w/ meat sauce Garlic toast Romaine salad w/tomatoes Pears Fresh fruit variety Sandwich bar Salad bar</p>	<p>13-Day 3 BKF: Long John Tacos w/tortilla or corn shells Refried beans Shredded lettuce/diced tomato Cuke/pepper/carrot mix Grapes Fresh fruit variety Yogurt bar Salad bar</p>	<p>14-Day 4 BKF: Breakfast pizza^(P) Cheese or Pepperoni french bread Steamed peas Fresh veggie cup Mandarin oranges Fresh fruit variety Potato bar Salad bar Brownie</p> 

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Excelsior & Oak Ridge Middle School

Breakfast/Lunch Menu

September/October 2018-2019

Lunch K-5: \$2.60; 6-8: \$2.65
9-12: \$2.70; Breakfast K-12: \$1.50
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<p>17-Day 5 BKF: Combo bar^(P) Chicken parmesan Spaghetti noodles Garlic breadstick Green beans Romaine salad w/tomatoes Peaches Fresh fruit variety Hot dog bar Salad bar</p>	<p>18-Day 6 BKF: Mini pancakes French toast sticks Egg omelet Potato wedges Fresh veggie cup Fresh Strawberries Fresh fruit variety Hamburger bar Salad bar</p>	<p>19-Day 1 BKF: : Egg omelet w/toast Beef nachos w/tortilla chips Corn Shredded lettuce/diced tomato Melon mix Fresh fruit variety Sandwich bar Salad bar</p>	<p>20-Day 2 BKF: Waffle sticks Mandarin orange chicken Chicken and Veggie Eggroll Seasoned rice Sugar snap peas Cuke/pepper/carrot mix Mandarin oranges Fresh fruit variety Yogurt bar Salad bar</p>	<p>21- Day 3 BKF: Cinnamon roll Chicken patty sandwich Baked Beans Fresh veggie cup Grapes Fresh fruit variety Quesadilla bar Salad bar</p>
<p>24-Day 4 BKF: Breakfast wrap Stuffed cheese sticks w/marinara Romaine salad w/tomatoes Pineapple chunks Fresh fruit variety Hot dog bar Salad bar</p>	<p>25-Day 5 BKF: Mini waffles Crispitos w/ cheese sauce Tator tots Fresh veggie cup Kiwi Fresh fruit variety Hamburger bar Salad bar</p>	<p>26-Day-6 BKF: Bkf sandwich^(P) Chicken strips Fresh baked bread French fries Fresh veggie cup Mandarin oranges Fresh fruit variety Sandwich bar Salad bar</p>	<p>27-Day 1 BKF: Apple bosco stick Pork tenderloin sandwich Baked beans Cuke/pepper/carrot mix Fruit cocktail Fresh fruit variety Yogurt bar Salad bar</p>	<p>28-Day 2 BKF: Bagel bites Personal pan pizza (cheese/pepperoni) Romaine salad w/tomatoes Fresh veggie cup Applesauce Fresh fruit variety Potato bar Salad bar Chocolate chip cookie</p>
<p>October 1-Day 3 BKF: Bkf Burrito Lasagna Breadstick Steamed carrots Romaine salad w/tomatoes Peaches Fresh fruit variety Hot dog bar Salad bar</p>	<p>2-Day 4 BKF: Pancake on a stick^(P) Teriyaki Chicken w/rice Dinner roll Stir fry vegetables Fresh veggie cup Pineapple chunk Fresh fruit variety Hamburger bar Salad bar</p>	<p>3-Day 5 BKF: French toast sticks Fish sandwich or Spicy chicken sandwich Baked beans Fresh veggie cup Fresh strawberries Fresh fruit variety Sandwich bar Salad bar</p>	<p>4- Day 6 BKF: Long John Pizza Crunchers Steamed broccoli Cuke/pepper/carrot mix Banana Fresh fruit variety Yogurt bar Salad bar</p>	<p>5-Day 1 BKF: Breakfast Pizza^(P) Corn dog Sweet potato fries Fresh veggie cup Melon mix Fresh fruit variety Quesadilla bar Salad bar</p>
<p>8- Day 2 BKF: Combo bar^(P) Creamy Mac & cheese Breadstick Steamed Broccoli Romaine salad w/tomatoes Orange slices Fresh fruit variety Hot dog bar Salad bar</p>	<p>9- Day 3 BKF: Mini pancakes Popcorn Chicken Fresh baked bread Mashed potatoes/gravy Fresh veggie cup Fruit cup Fresh fruit variety Hamburger bar Salad bar</p>	<p>10- Day 4 BKF: Egg omelet w/toast Rotini w/ meat sauce Garlic toast Romaine salad w/tomatoes Pears Fresh fruit variety Sandwich bar Salad bar</p>	<p>11-Day 5 BKF: Waffle sticks Tacos w/tortilla or corn shells Refried beans Shredded lettuce/diced tomato Cuke/pepper/carrot mix Grapes Fresh fruit variety Yogurt bar Salad bar</p>	<p>12- Day 6 BKF: Cinnamon Roll Cheese or Pepperoni French bread Steamed peas Fresh veggie cup Mandarin oranges Fresh fruit variety Potato bar Salad bar Brownie</p>

