

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 23 – September 13
2019/2020

Student: Breakfast \$1.60/Lunch \$2.75

Adult: Breakfast \$2.00/Lunch \$3.75

Reduced Breakfast: \$.30; Lunch: \$.40

USDA is an equal opportunity provider

<p>August 19</p> 	<p>20</p>	<p>21</p>	<p>22</p>	<p>23 BKF: Breakfast pizza^(P) Personal pan pizza (cheese/pepperoni) Romaine salad w/tomatoes Fresh veggie cup Applesauce Fresh fruit variety Quesadilla bar Salad bar</p>
<p>26 BKF: Combo bar^(P) Lasagna roll up w/meat sauce & cheese stuffed breadstick Green beans Romaine salad w/tomatoes Peaches Fresh fruit variety Hot dog bar w/baked beans Salad bar</p>	<p>27 BKF: Pancake on stick^(P) Mandarin orange chicken w/rice Dinner roll Stir fry vegetables Fresh veggie mix Mandarin oranges Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p>28 BKF: French toast sticks Chicken patty sandwich OR Spicy chicken patty Sandwich Baked beans Fresh veggie mix Pineapple Fresh fruit variety Sandwich bar Salad bar</p>	<p>29 BKF: Apple strudel Pancakes & little smokies^(P) Tater tots Fresh veggie mix Strawberries Fresh fruit variety Yogurt bar Salad bar</p>	<p>30 BKF: Cinnamon roll Corn dog Sweet potato fries Fresh veggie mix Fresh fruit mix Fresh fruit variety Potato bar Salad bar</p>
<p>September 2</p> <p style="text-align: center;">NO SCHOOL K-12</p>	<p>3 BKF: Cheese Danish Popcorn Chicken Fresh baked bread Mashed potatoes/gravy Fresh veggie mix Pineapple Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p>4 BKF: Breakfast sandwich Rotini w/meatsauce W/ cheese stuffed breadstick Romaine salad w/tomatoes Fresh veggie mix Pears Fresh fruit variety Sandwich bar Salad bar</p>	<p>5 BKF: Waffle sticks Tacos w/tortilla or corn shells Refried beans Shredded lettuce/diced tomato Cuke/pepper/carrot mix Kiwi and grapes Fresh fruit variety Yogurt bar Salad bar</p>	<p>6 BKF: Bagel bites Cheese or Pepperoni french bread Steamed peas Fresh veggie mix Mandarin oranges Fresh fruit variety Quesadilla bar Salad bar Chocolate chip cookie</p>
<p>9 BKF: Breakfast bagel w/cheese Chicken parmesan Spaghetti noodles Bread stick Romaine salad w/tomatoes Fresh veggie mix Peaches Fresh fruit variety Hot dog bar w/baked beans Salad bar</p>	<p>10 BKF: Pancake on stick^(P) French toast sticks Egg omelet Potato wedges Fresh veggie mix Strawberries Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p>11 BKF: Egg omelet w/toast Beef nachos w/tortilla chips Corn Shredded lettuce/diced tomato Fresh veggie mix Mixed fruit Fresh fruit variety Sandwich bar Salad bar</p>	<p>12 BKF: Long john Sweet Thai chicken w/rice Dinner roll Stir fry vegetables Fresh veggie mix Pineapple Fresh fruit variety Yogurt bar Salad bar</p>	<p>13 BKF: Breakfast pizza^(P) Pizza Crunchers Steamed broccoli Cuke/pepper/carrot mix Fruit juice slushie Fresh fruit variety Potato bar Salad bar</p>

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Excelsior & Oak Ridge Middle School

Breakfast/Lunch Menu

September 16- October 11

2019/2020

Student: Breakfast \$1.60/Lunch \$2.75

Adult: Breakfast \$2.00/Lunch \$3.75

Reduced Breakfast: \$.30; Lunch: \$.40

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<p>16 BKF: Combo bar^(P) Stuffed cheese sticks w/marinara Romaine salad w/tomatoes Fresh veggie mix Pineapple chunks Fresh fruit variety Hot dog bar w/baked beans Salad bar</p>	<p>17 BKF: Cheese Danish Crispitos w/ cheese sauce Refried beans Fresh veggie mix Fresh orange slices Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p>18 BKF: French toast sticks Chicken strips Fresh baked bread French fries Fresh veggie mix Pears Fresh fruit variety Sandwich bar Salad bar</p>	<p>19 BKF: Apple Strudel Grilled chicken Sandwich OR Fish Sandwich Green beans Cuke/pepper/carrot mix Mixed fruit Fresh fruit variety Yogurt bar Salad bar</p>	<p>20 BKF: Cinnamon roll Personal pan pizza (cheese/pepperoni) Romaine salad w/tomatoes Fresh veggie cup Applesauce Fresh fruit variety Quesadilla bar Salad bar Chocolate chip cookie</p>
<p>23 BKF: Breakfast burrito Lasagna roll up w/meat sauce W/cheese stuffed sticks Green beans Romaine salad w/tomatoes Peaches Fresh fruit variety Hot dog bar w/baked beans Salad bar</p>	<p>24 BKF: Pancake on stick^(P) Mandarin orange chicken w/rice Egg roll Stir fry vegetables Fresh veggie mix Mandarin oranges Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p>25 BKF: Breakfast sandwich Chicken patty sandwich OR Spicy chicken patty Sandwich Baked beans Fresh veggie mix Pineapple Fresh fruit variety Sandwich bar Salad bar</p>	<p>26 BKF: Waffle sticks Pancakes & little smokies^(P) Tater tots Fresh veggie mix Strawberries Fresh fruit variety Yogurt bar Salad bar</p>	<p>27 BKF Bagel bites Corn dog^(P) Sweet potato fries Fresh veggie mix Fresh fruit mix Fresh fruit variety Potato bar Salad bar</p>
<p>30 BKF: Breakfast bagel w/cheese Meatball sub sandwich Tater tots Romaine salad w/tomatoes Fresh veggie mix Peaches Fresh fruit variety Hot dog bar w/baked beans Salad bar</p>	<p>October 1 BKF: Cheese Danish Popcorn Chicken Fresh baked bread Mashed potatoes/gravy Fresh veggie mix Mixed fruit Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p>2 BKF: egg omelet w/toast Rotini w/meatballs & sauce W/cheese stuffed breadstick Romaine salad w/tomatoes Fresh veggie mix Pears Fresh fruit variety Sandwich bar Salad bar</p>	<p>3 BKF: Long john Tacos w/tortilla or corn shells Refried beans Shredded lettuce/diced tomato Cuke/pepper/carrot mix Kiwi and grapes Fresh fruit variety Yogurt bar Salad bar</p>	<p>4 BKF: Breakfast pizza^(P) Cheese or Pepperoni french bread Steamed peas Fresh veggie mix Mandarin oranges Fresh fruit variety Quesadilla bar Salad bar Sugar Cookie</p>
<p>7 NO SCHOOL K-12</p>	<p>8 BKF: Pancake on stick^(P) French toast sticks Egg omelet Potato wedges Fresh veggie mix Fresh fruit slushie Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p>9 BKF: French toast sticks Beef nachos w/tortilla chips Corn Shredded lettuce/diced tomato Fresh veggie mix Mixed fruit Fresh fruit variety Sandwich bar Salad bar</p>	<p>10 BKF: Apple strudel Sweet Thai chicken w/rice Dinner roll Stir fry vegetables Fresh veggie mix Pineapple Fresh fruit variety Yogurt bar Salad bar</p>	<p>11 BKF: Cinnamon roll Pizza Crunchers Steamed broccoli Cuke/pepper/carrot mix Fruit juice slushie Fresh fruit variety Potato bar Salad bar</p>