

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 January 27 – February 21 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><b>27 BKF: Breakfast bagel w/cheese</b> 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><b>28 BKF: Cheese Danish</b> Popcorn Chicken Fresh baked bread Mashed potatoes w/gravy Fresh veggie mix Mixed fruit Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p><b>29 BKF: egg omelet w/toast</b> Rotini w/meatballs &amp; sauce W/cheese stuffed breadstick Romaine salad w/tomatoes Fresh veggie mix Pears Fresh fruit variety Quesadilla bar Salad bar</p>	<p><b>30 BKF: Long john</b> Tacos w/tortilla or corn shells Refried beans Fresh veggie mix Kiwi and grapes Fresh fruit variety Yogurt bar Salad bar</p>	<p><b>31 BKF: Breakfast pizza<sup>(P)</sup></b> Cheese or Pepperoni french bread w/marinara sauce Steamed peas Fresh veggie mix Mandarin oranges Fresh fruit variety Soup and Sandwich bar (Meatball Italiano) Salad bar Sugar cookie</p>
<p><b>February 3 BKF: Breakfast burrito</b> Chicken parmesan Rotini noodles Bread stick Romaine salad w/tomatoes Fresh veggie mix Peaches Fresh fruit variety Hot dog bar w/baked beans Salad bar</p>	<p><b>4 BKF: Pancake on stick<sup>(P)</sup></b> Pork<sup>(P)</sup> Tenderloin Sandwich Baked beans Fresh veggie mix Straberries Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p><b>5 BKF: French toast sticks</b> Beef nachos w/tortilla chips Corn Fresh veggie mix Mixed fruit Fresh fruit variety Potato bar Salad bar</p>	<p><b>6 BKF: Apple strudel</b> Sweet Thai chicken w/rice Dinner roll Stir fry vegetables Fresh veggie mix Pineapple Fresh fruit variety Yogurt bar Salad bar</p>	<p><b>7 BKF: Cinnamon roll</b> French toast sticks Egg omelet Potato wedges Fresh veggie mix Fruit juice slushie Fresh fruit variety Soup and sandwich bar (Chicken noodle) Salad bar</p>
<p><b>10 BKF: Combo bar<sup>(P)</sup></b> 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><b>11 BKF: Cheese Danish</b> Crispitos w/ cheese sauce Refried beans Fresh veggie mix Fresh orange slices Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p><b>12 BKF: French toast sticks</b> Chicken strips Fresh baked bread Mashed potatoes w/gravy Fresh veggie mix Pears Fresh fruit variety Quesadilla bar Salad bar</p>	<p><b>NO SCHOOL SNOW DAY</b></p>	<p><b>14 BKF: Cinnamon roll</b> Personal pan pizza (cheese/pepperoni) Romaine salad w/tomatoes Fresh veggie cup Applesauce Fresh fruit variety Soup and sandwich bar (Tomato and grilled cheese) Salad bar Chocolate chip cookie</p>
<p><b>17 NO SCHOOL K-12</b></p>	<p><b>18 BKF: Pancake on stick<sup>(P)</sup></b> 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><b>19 BKF: Breakfast sandwich</b> Chicken patty sandwich <b>OR</b> Spicy chicken patty Sandwich Baked beans Fresh veggie mix Pineapple Fresh fruit variety Potato bar Salad bar</p>	<p><b>20 BKF: Waffle sticks</b> Pancakes &amp; little smokies<sup>(P)</sup> Tater tots Fresh veggie mix Peaches Fresh fruit variety Yogurt bar Salad bar</p>	<p><b>21 BKF: Bagel bites</b> Pizza Crunchers w/marinara Steamed Broccoli Fresh veggie mix Strawberries Fresh fruit variety Soup and sandwich bar (Chili) Salad bar</p>

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## Excelsior & Oak Ridge Middle School Breakfast/Lunch Menu February 24 – March 20 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><b>24 BKF: Breakfast bagel w/cheese</b> 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><b>25 BKF: Cheese Danish</b> Popcorn Chicken Fresh baked bread Mashed potatoes w/gravy Fresh veggie mix Mixed fruit Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p><b>26 BKF: egg omelet w/toast</b> Rotini w/meatballs &amp; sauce W/cheese stuffed breadstick Romaine salad w/tomatoes Fresh veggie mix Pears Fresh fruit variety Quesadilla bar Salad bar</p>	<p><b>27 BKF: Long john</b> Tacos w/tortilla or corn shells Refried beans Shredded lettuce/diced tomato Fresh veggie mix Kiwi and grapes Fresh fruit variety Yogurt bar Salad bar</p>	<p><b>28 BKF: Breakfast pizza<sup>(P)</sup></b> Cheese or Pepperoni french bread w/marinara sauce Steamed peas Fresh veggie mix Mandarin oranges Fresh fruit variety Soup and Sandwich bar Salad bar Sugar cookie</p>
<p><b>March 2 BKF: Breakfast burrito</b> Chicken parmesan Rotini noodles Bread stick Romaine salad w/tomatoes Fresh veggie mix Peaches Fresh fruit variety Hot dog bar w/baked beans Salad bar</p>	<p><b>3 BKF: Pancake on stick<sup>(P)</sup></b> Pork<sup>(P)</sup> Tenderloin Sandwich Baked beans Fresh veggie mix Strawberries Fresh fruit variety Hamburger bar w/corn Salad bar</p> 	<p><b>4 BKF: French toast sticks</b> Beef nachos w/tortilla chips Corn Shredded lettuce/diced tomato Fresh veggie mix Mixed fruit Fresh fruit variety Potato bar Salad bar</p>	<p><b>5 BKF: Apple strudel</b> Sweet Thai chicken w/rice Dinner roll Stir fry vegetables Fresh veggie mix Pineapple Fresh fruit variety Yogurt bar Salad bar</p>	<p><b>6 BKF: Cinnamon roll</b> French toast sticks Egg omelet Potato wedges Fresh veggie mix Fruit juice slushie Fresh fruit variety Soup and sandwich bar Salad bar</p>
<p><b>9 BKF: Combo bar<sup>(P)</sup></b> 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><b>10 BKF: Cheese Danish</b> Crispitos w/ cheese sauce Refried beans Fresh veggie mix Fresh orange slices Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p><b>11 BKF: French toast sticks</b> Chicken strips Fresh baked bread Mashed potatoes w/gravy Fresh veggie mix Pears Fresh fruit variety Quesadilla bar Salad bar</p>	<p><b>12 BKF: Waffle sticks</b> Grilled chicken Sandwich <b>OR</b> Fish Sandwich Crinkle cut French fries Fresh veggie mix Mixed fruit Fresh fruit variety Yogurt bar Salad bar</p>	<p><b>13 BKF: Cinnamon roll</b> Personal pan pizza (cheese/pepperoni) Romaine salad w/tomatoes Fresh veggie cup Applesauce Fresh fruit variety Soup and sandwich bar Salad bar</p>
<p><b>16</b> <b>NO SCHOOL</b> <b>K-12</b> Spring Break</p>	<p><b>17</b> <b>NO SCHOOL</b> <b>K-12</b> Spring Break</p>	<p><b>18</b> <b>NO SCHOOL</b> <b>K-12</b> Spring Break</p>	<p><b>19</b> <b>NO SCHOOL</b> <b>K-12</b> Spring Break</p>	<p><b>20</b> <b>NO SCHOOL</b> <b>K-12</b> Spring Break</p>

National School Breakfast week March 2-6

