

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>27 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>28 BKF: Cheese Danish 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>29 BKF: egg omelet w/toast Rotini w/meatballs & sauce W/cheese stuffed breadstick Romaine salad w/tomatoes Fresh veggie mix Pears Fresh fruit variety Quesadilla bar Salad bar</p>	<p>30 BKF: Long john Tacos w/tortilla or corn shells Refried beans Fresh veggie mix Kiwi and grapes Fresh fruit variety Yogurt bar Salad bar</p>	<p>31 BKF: Breakfast pizza^(P) 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>February 3 BKF: Breakfast burrito 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>4 BKF: Pancake on stick^(P) Pork^(P) Tenderloin Sandwich Baked beans Fresh veggie mix Strawberries Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p>5 BKF: French toast sticks Beef nachos w/tortilla chips Corn Fresh veggie mix Mixed fruit Fresh fruit variety Potato bar Salad bar</p>	<p>6 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>7 BKF: Cinnamon roll 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>10 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>11 BKF: Cheese Danish Crisпитos w/ cheese sauce Refried beans Fresh veggie mix Fresh orange slices Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p>12 BKF: French toast sticks Chicken strips Fresh baked bread Mashed potatoes w/gravy Fresh veggie mix Pears Fresh fruit variety Quesadilla bar Salad bar</p>	<p>13 BKF: Apple Strudel Grilled chicken Sandwich OR Fish Sandwich Crinkle cut french fries Fresh veggie mix Mixed fruit Fresh fruit variety Yogurt bar Salad bar</p>	<p>14 BKF: Cinnamon roll 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 style="text-align: center;">17 NO SCHOOL K-12</p>	<p>18 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>19 BKF: Breakfast sandwich Chicken patty sandwich OR Spicy chicken patty Sandwich Baked beans Fresh veggie mix Pineapple Fresh fruit variety Potato bar Salad bar</p>	<p>20 BKF: Waffle sticks Pancakes & little smokies^(P) Tater tots Fresh veggie mix Strawberries Fresh fruit variety Yogurt bar Salad bar</p>	<p>21 BKF: Bagel bites 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>24 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>25 BKF: Cheese Danish 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>26 BKF: egg omelet w/toast Rotini w/meatballs & sauce W/cheese stuffed breadstick Romaine salad w/tomatoes Fresh veggie mix Pears Fresh fruit variety Quesadilla bar Salad bar</p>	<p>27 BKF: Long john 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>28 BKF: Breakfast pizza^(P) 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>March 2 BKF: Breakfast burrito 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>3 BKF: Pancake on stick^(P) Pork^(P) Tenderloin Sandwich Baked beans Fresh veggie mix Strawberries Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p>4 BKF: French toast sticks Beef nachos w/tortilla chips Corn Shredded lettuce/diced tomato Fresh veggie mix Mixed fruit Fresh fruit variety Potato bar Salad bar</p>	<p>5 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>6 BKF: Cinnamon roll 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>9 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>10 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>11 BKF: French toast sticks Chicken strips Fresh baked bread Mashed potatoes w/gravy Fresh veggie mix Pears Fresh fruit variety Quesadilla bar Salad bar</p>	<p>12 BKF: Apple Strudel Grilled chicken Sandwich OR Fish Sandwich Crinkle cut French fries Fresh veggie mix Mixed fruit Fresh fruit variety Yogurt bar Salad bar</p>	<p>13 BKF: Cinnamon roll 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 style="text-align: center;">16 NO SCHOOL K-12</p>	<p style="text-align: center;">17 NO SCHOOL K-12</p>	<p style="text-align: center;">18 NO SCHOOL K-12 </p>	<p style="text-align: center;">19 NO SCHOOL K-12</p>	<p style="text-align: center;">20 NO SCHOOL K-12</p>