

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 December 2- January 24 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>December 2 BKF: Bagel w/cheese Chicken parmesan w/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 a stick^(P) French toast sticks Egg omelet Potato wedges Fresh veggie mix Strawberries Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p>4 BKF: Egg omelet w/toast 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: 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>6 BKF: Breakfast pizza^(P) Pizza Crunchers Steamed broccoli Cuke/pepper/carrot 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 French fries Fresh veggie mix Pears Fresh fruit variety Quesadilla bar Salad bar</p>	<p>12 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>13 15 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>16 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>17 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>18 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>19 BKF: Waffle sticks Pancakes & little smokies^(P) Tater tots Fresh veggie mix Strawberries Fresh fruit variety Yogurt bar Salad bar</p>	<p>20 BKF: Bagel bites Chicken Nuggets Dinner roll Mashed potatoes & gravy Fresh veggie mix Mixed fruit Fresh fruit variety Soup and sandwich bar (Chili) Salad bar</p>


No School December 23- January 1



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Breakfast/Lunch Menu
December 2- January 24
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<p>30</p> <p>NO SCHOOL K-12</p>	<p>31</p> 	<p>January 1</p> <p>NO SCHOOL K-12</p>	<p>2 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>3 BKF: Breakfast Pizza^(P) Cheese or Pepperoni french bread Steamed peas Fresh veggie mix Mandarin oranges Fresh fruit variety Soup and Sandwich bar (Meatball Italiano) Salad bar Sugar cookie</p>
<p>6 BKF: Combo bar^(P) Chicken parmesan w/noodles Garlic breadstick Green beans Romaine salad w/tomatoes Fresh veggie mix Peaches Fresh fruit variety Hot dog bar Salad bar</p>	<p>7 BKF: Pancake on a stick^(P) French toast sticks Egg omelet Potato wedges Fresh veggie mix Strawberries Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p>8 BKF: Egg omelet w/toast Beef nachos w/tortilla chips Corn Shredded lettuce/diced tomato Fresh veggie mix Mixed fruit Fresh fruit variety Potato bar Salad bar</p>	<p>9 BKF: Waffle sticks Sweet Thai chicken w/rice Dinner roll Stir fry vegetables Fresh veggie mix Pineapple Fresh fruit variety Yogurt bar Salad bar</p>	<p>10 BKF: Cinnamon roll Pizza Crunchers Steamed broccoli Cuke/pepper/carrot mix Fruit juice slushie Fresh fruit variety Soup and sandwich bar (Chicken noodle) Salad bar</p>
<p>13</p> <p>NO SCHOOL K-12</p>	<p>14 BKF: Mini pancakes Crisпитos w/ cheese sauce Refried beans Fresh veggie mix Fresh orange slices Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p>15 BKF: French toast sticks Chicken strips Fresh baked bread French fries Fresh veggie mix Pears Fresh fruit variety Quesadilla bar Salad bar</p>	<p>16 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>17 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>20</p> <p>NO SCHOOL K-12</p>	<p>21 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>22 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>23 BKF: Waffle sticks Pancakes & little smokies^(P) Tater tots Fresh veggie mix Strawberries Fresh fruit variety Yogurt bar Salad bar</p>	<p>24 BKF: Bagel bites Corn dog Sweet potato fries Fresh veggie mix Mixed fruit Fresh fruit variety Soup and sandwich bar (Chili) Salad bar</p>