

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 3- January 25 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>3-Day 1 BKF: Combo bar^(P) Mac & cheese Breadstick Tator tots Romaine salad w/tomatoes Fresh veggie mix Warm cinnamon apples Fresh fruit variety Hot dog bar w/baked beans Salad bar</p>	<p>4</p> <p>NO SCHOOL K-12</p>	<p>5- Day 2 BKF: Pancake on a stick^(P) Popcorn Chicken Fresh baked bread Mashed potatoes/gravy Fresh veggie mix Kiwi and grapes Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p>6-Day 3 BKF: Apple frudel Tacos w/tortilla or corn shells Refried beans Shredded lettuce/diced tomato Cuke/pepper/carrot mix Melon mix Fresh fruit variety Yogurt bar Salad bar</p>	<p>7- Day 4 BKF: Cinnamon roll Cheese or Pepperoni french bread Steamed peas Fresh veggie mix Fresh fruit cup Fresh fruit variety Soup bar(Chicken Noodle) Salad bar White cake</p>
<p>10-Day 5 BKF: Breakfast burrito Chicken parmesan Spaghetti noodles Cheese stuffed breadstick Romaine salad w/tomatoes Fresh veggie mix Peaches Fresh fruit variety Hot dog bar w/baked beans Salad bar</p>	<p>11-Day 6 BKF: Mini pancakes French toast sticks Egg omelet Potato wedges Fresh veggie mix Strawberries Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p>12-Day 1 BKF: : Egg omelet w/toast Beef nachos w/tortilla chips Corn Shredded lettuce/diced tomato Fresh veggie mix Mixed fruit Fresh fruit variety Quesadilla bar Salad bar</p>	<p>13-Day 2 BKF: Waffle sticks Pizza Crunchers Steamed broccoli Cuke/pepper/carrot mix Peaches Fresh fruit variety Yogurt bar Salad bar</p>	<p>14- Day 3 BKF: Bagel bites Chicken patty sandwich Green beans Fresh veggie mix Grapes Fresh fruit variety Soup bar(Chili) Salad bar</p>
<p>17-Day 4 BKF: Grape crescent 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>18-Day 5 BKF: Mini waffles Crispitos w/ cheese sauce Tator tots Fresh veggie mix Kiwi and grapes Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p>19-Day 6 BKF: : French toast sticks Chicken strips Fresh baked bread French fries Fresh veggie mix Mandarin oranges Fresh fruit variety Potato bar Salad bar</p>	<p>20-Day 1 BKF: Long john Pork tenderloin sandwich^(P) Sunshine carrots Cuke/pepper/carrot mix Fruit cocktail Fresh fruit variety Yogurt bar Salad bar</p>	<p>21-Day 2 BKF: Breakfast Pizza^(P) Personal pan pizza (cheese/pepperoni) Romaine salad w/tomatoes Fresh veggie cup Applesauce Fresh fruit variety Soup bar(Meatball Italiano) Salad bar Chocolate chip cookie</p>
<p>24</p>	<p>Best wishes for a happy, healthy holiday!</p>			<p>28</p>



Winter Break

School will not be in session from December 24 through January 1. We'll be back on Wednesday, January 2, 2019
Enjoy the holiday season!!!!!!

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Breakfast/Lunch Menu

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2018-2019

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<p>31</p> <p>NO SCHOOL</p> 	<p>1</p> <p>NO SCHOOL</p>	<p>2-Day 3 BKF: French toast sticks Spicy chicken sandwich OR Fish sandwich Baked beans Fresh veggie mix Mandarin oranges Fresh fruit variety Quesadilla bar Salad bar</p>	<p>3--Day 4 BKF: Long John Pancakes & little smokies Tator tots Fresh veggie mix Strawberries Fresh fruit variety Yogurt bar Salad bar</p>	<p>4-Day 5 BKF: Breakfast Pizza^(p) Corn dog^(p) Sweet potato fries Fresh veggie mix Melon mix Fresh fruit variety Soup bar(Vegetable soup) Salad bar</p>
<p>7-Day 6 BKF: Grape crescent Mac & cheese Breadstick Tator tots Romaine salad w/tomatoes Fresh veggie mix Warm cinnamon apples Fresh fruit variety Hot dog bar w/baked beans Salad bar</p>	<p>8-Day 1 BKF:Mini waffles Popcorn Chicken Fresh baked bread Mashed potatoes/gravy Fresh veggie mix Kiwi and grapes Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p>9-Day 2 BKF: French toast sticks Rotini w/ meat sauce Garlic breadstick Romaine salad w/tomatoes Fresh veggie mix Pears Fresh fruit variety Potato bar Salad bar</p>	<p>10-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>11- Day 4 BKF: Breakfast Pizza^(p) Cheese or Pepperoni french bread Steamed peas Fresh veggie mix Mandarin oranges Fresh fruit variety Soup bar(Chicken Noodle) Salad bar White cake</p>
<p>14</p> <p>NO SCHOOL</p>	<p>15-Day 5 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>16-Day 6 BKF: : Egg omelet w/toast Beef nachos w/tortilla chips Corn Shredded lettuce/diced tomato Fresh veggie mix Melon mix Fresh fruit variety Quesadilla bar Salad bar</p>	<p>17-Day 1 BKF: Waffle sticks Pizza Crunchers Steamed broccoli Cuke/pepper/carrot mix Peaches Fresh fruit variety Yogurt bar Salad bar</p>	<p>18- Day 2 BKF: Cinnamon roll Chicken patty sandwich Green beans Fresh veggie mix Grapes Fresh fruit variety Soup bar(Chili) Salad bar</p>
<p>21</p> <p>NO SCHOOL</p> 	<p>22-Day 3 BKF:Pancake on a stick^(p) Crispitos w/ cheese sauce Tator tots Fresh veggie mix Kiwi and grapes Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p>23-Day 4 BKF: : Egg omelet w/toast Chicken strips Fresh baked bread French fries Fresh veggie mix Mandarin oranges Fresh fruit variety Potato bar Salad bar</p>	<p>24-Day 5 BKF: Waffle sticks Pork tenderloin sandwich^(p) Sunshine carrots Cuke/pepper/carrot mix Fruit cocktail Fresh fruit variety Yogurt bar Salad bar</p>	<p>25-Day 6 BKF: Breakfast Pizza^(p) Personal pan pizza (cheese/pepperoni) Romaine salad w/tomatoes Fresh veggie cup Applesauce Fresh fruit variety Soup bar(Meatball Italiano) Salad bar Chocolate chip cookie</p>