

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 28-February 22 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 B-breakfast: \$.30; Lunch: \$.40
USDA is an equal opportunity provider

<p>Jan 28 BKF: Breakfast burrito Lasagna roll up w/meat sauce Breadstick Green beans Romaine salad w/tomatoes Fresh veggie mix Peaches Fresh fruit variety Hot dog bar Salad bar</p>	<p>Jan 29 BKF: Mini pancake's Teriyaki Chicken w/rice Dinner roll Stir fry vegetables Fresh veggie mix Pineapple chunk Fresh fruit variety Hamburger bar Salad bar</p>	<p>Jan 30 BKF: Breakfast sandwich Spicy chicken sandwich OR Fish Sandwich Baked beans Fresh veggie mix Mandarin oranges Fresh fruit variety Quesadilla bar Salad bar</p>	<p>Jan 31 BKF: Apple strudel Pancakes & little smokies^(p) Tator tots Fresh veggie mix Strawberries Fresh fruit variety Yogurt bar Salad bar</p>	<p>Feb 1 BKF Breakfast pizza^(p) Corn dog^(p) Sweet potato fries Fresh veggie mix Fresh fruit slushie Fresh fruit variety Soup bar(Vegetable soup) Salad bar</p> 
<p>Feb 4 BKF: Grape crescent Creamy 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>Feb 5 BKF: Mini waffles Popcorn Chicken Fresh baked bread Mashed potatoes/gravy Fresh veggie mix Mixed fruit Fresh fruit variety Hamburger bar Salad bar</p>	<p>Feb 6 BKF: egg omelet w/toast Rotini w/ meat sauce Garlic breadstick Romaine salad w/tomatoes Fresh veggie mix Pears Fresh fruit variety Potato bar Salad bar</p>	<p>Feb 7</p> <h1 style="font-size: 2em;">No School Snow Day</h1>	<p>Feb 8 BKF: Bagel bites 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 White cake</p>
<p>Feb 11 BKF: Combo bar^(p) Chicken parmesan Spaghetti noodles Cheese stuffed breadstick Green beans Romaine salad w/tomatoes Fresh veggie mix Peaches Fresh fruit variety Hot dog bar Salad bar</p>	<p>Feb 12 BKF: Pancake on stick^(p) French toast sticks Egg omelet Potato wedges Fresh veggie mix Fresh fruit slushie Fresh fruit variety Hamburger bar Salad bar</p>	<p>Feb 13 BKF: French toast sticks Beef nachos w/tortilla chips Corn Shredded lettuce/diced tomato Fresh veggie mix Mixed fruit Fresh fruit variety Quesadilla bar Salad bar</p>	<p>Feb 14 BKF: Waffle sticks Pizza Crunchers Steamed broccoli Cuke/pepper/carrot mix Fresh sliced apples Fresh fruit variety Yogurt bar Salad bar</p> 	<p>Feb 15 BKF: Cinnamon roll Chicken patty sandwich Baked Beans Fresh veggie mix Grapes Fresh fruit variety Soup bar(Chili) Salad bar</p>
<p>Feb 18</p> <h1 style="font-size: 1.5em;">No School K-8</h1> 	<p>Feb 19 BKF: Mini pancakes Crispitos w/ cheese sauce Tator tots Fresh veggie mix Fresh orange slices Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p>Feb 20 BKF: Breakfast sandwich Chicken strips Fresh baked bread French fries Fresh veggie mix Pears Fresh fruit variety Potato bar Salad bar</p>	<p>Feb 21 BKF: Apple strudel Pork tenderloin sandwich^(p) Sunshine carrots Cuke/pepper/carrot mix Mixed fruit Fresh fruit variety Yogurt bar Salad bar</p>	<p>Feb 22 BKF: Breakfast Pizza^(p) Personal pan pizza (cheese/pepperoni) Romaine salad w/tomatoes Fresh veggie cup Applesauce Fresh fruit variety Soup bar(Cook's choice) Salad bar Chocolate chip cookie</p>

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Excelsior & Oak Ridge Middle School Breakfast/Lunch Menu February 25- March 22 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
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<p>Feb 25 BKF: Grape crescent Lasagna roll up w/meat sauce Breadstick Green beans Romaine salad w/tomatoes Fresh veggie mix Peaches Fresh fruit variety Hot dog bar Salad bar</p>	<p>Feb 26 BKF: Mini waffles Teriyaki Chicken w/rice Dinner roll Stir fry vegetables Fresh veggie mix Pineapple chunk Fresh fruit variety Hamburger bar Salad bar</p>	<p>Feb 27 BKF: Egg omelet w/toast Spicy chicken sandwich OR Fish sandwich Baked beans Fresh veggie mix Mandarin oranges Fresh fruit variety Sandwich bar Salad bar</p>	<p>Feb 28 BKF: Long John Pancakes & little smokies^(P) Tator tots Fresh veggie mix Strawberries Fresh fruit variety Yogurt bar Salad bar</p>	<p>March 1 BKF: Bagel bites Corn dog Sweet potato fries Fresh veggie mix Fruit juice slushie Fresh fruit variety Quesadilla bar Salad bar </p>
<p>Mar 4 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>Mar 5 BKF: Pancake on stick^(P) Popcorn Chicken Fresh baked bread Mashed potatoes/gravy Fresh veggie mix Pineapple Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p>Mar 6 BKF: French toast sticks Rotini w/ meat sauce Garlic breadstick Romaine salad w/tomatoes Fresh veggie mix Pears Fresh fruit variety Sandwich bar Salad bar</p>	<p>Mar 7 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>Mar 8 BKF: Cinnamon roll Cheese or Pepperoni french bread Steamed peas Fresh veggie mix Mandarin oranges Fresh fruit variety Potato bar Salad bar White cake</p>
<p>Mar 11 BKF: Breakfast burrito Chicken parmesan Spaghetti noodles Garlic breadstick Romaine salad w/tomatoes Fresh veggie mix Peaches Fresh fruit variety Hot dog bar Salad bar</p>	<p>Mar 12 BKF: Mini pancake's French toast sticks Egg omelet Potato wedges Fresh veggie mix Fresh fruit slushie Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p>Mar 13 BKF: Breakfast sandwich Beef nachos w/tortilla chips Corn Shredded lettuce/diced tomato Fresh veggie mix Mixed fruit Fresh fruit variety Sandwich bar Salad bar</p>	<p>Mar 14 BKF: Apple strudel Pizza Crunchers Steamed broccoli Cuke/pepper/carrot mix Fresh sliced apples Fresh fruit variety Yogurt bar Salad bar</p>	<p>Mar 15 BKF: Breakfast pizza^(P) Chicken patty sandwich Green beans Fresh veggie mix Grapes Fresh fruit variety Quesadilla bar Salad bar</p>
<p>Mar 18 No School K-12 Spring Break </p>	<p>Mar 19 No School K-12 Spring Break</p>	<p>Mar 20 No School K-12 Spring Break </p>	<p>Mar 21 No School K-12 Spring Break</p>	<p>Mar 22 No School K-12 Spring Break </p>