

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><b>Jan 28 BKF: Breakfast burrito</b> Lasagna roll up w/meat sauce Breadstick Steamed carrots Romaine salad w/tomatoes Fresh veggie mix Peaches Fresh fruit variety Hot dog bar Salad bar</p>	<p><b>Jan 29 BKF: Mini pancake's</b> Teriyaki Chicken w/rice Dinner roll Stir fry vegetables Fresh veggie mix Pineapple chunk Fresh fruit variety Hamburger bar Salad bar</p>	<p><b>Jan 30 BKF: Breakfast sandwich</b> Spicy chicken sandwich <b>OR</b> Fish Sandwich Baked beans Fresh veggie mix Fresh sliced apples Fresh fruit variety Quesadilla bar Salad bar</p>	<p><b>Jan 31 BKF: Apple strudel</b> Pancakes &amp; little smokies<sup>(p)</sup> Tator tots Fresh veggie mix Mandarin oranges Fresh fruit variety Yogurt bar Salad bar</p>	<p><b>Feb 1 BKF Breakfast pizza<sup>(p)</sup></b> Corn dog<sup>(p)</sup> Sweet potato fries Fresh veggie mix Fresh fruit slushie Fresh fruit variety Soup bar(Vegetable soup) Salad bar</p> 
<p><b>Feb 4 BKF: Grape crescent</b> Creamy Mac &amp; 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><b>Feb 5 BKF: Mini waffles</b> Popcorn Chicken Fresh baked bread Mashed potatoes/gravy Fresh veggie mix Mixed fruit Fresh fruit variety Hamburger bar Salad bar</p>	<p><b>Feb 6 BKF: egg omelet w/toast</b> Rotini w/ meat sauce Garlic toast Romaine salad w/tomatoes Fresh veggie mix Pears Fresh fruit variety Potato bar Salad bar</p>	<p><b>Feb 7 BKF: Long John</b> 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><b>Feb 8 BKF: Bagel bites</b> Cheese or Pepperoni french bread Steamed peas Fresh veggie mix Mandarin oranges Fresh fruit variety Soup bar(Chicken noodle) Salad bar Chocolate chip cookie</p>
<p><b>Feb 11 BKF: Combo bar<sup>(p)</sup></b> Chicken parmesan Spaghetti noodles Garlic breadstick Green beans Romaine salad w/tomatoes Fresh veggie mix Peaches Fresh fruit variety Hot dog bar Salad bar</p>	<p><b>Feb 12 BKF: Pancake on stick<sup>(p)</sup></b> French toast sticks Egg omelet Potato wedges Fresh veggie mix Strawberry cup Fresh fruit variety Hamburger bar Salad bar</p>	<p><b>Feb 13 BKF: French toast sticks</b> Beef nachos w/tortilla chips Corn Shredded lettuce/diced tomato Fresh veggie mix Peaches Fresh fruit variety Quesadilla bar Salad bar</p>	<p><b>Feb 14 BKF: Waffle sticks</b> Pizza Crunchers Steamed broccoli Cuke/pepper/carrot mix Fresh sliced apples Fresh fruit variety Yogurt bar Salad bar</p> 	<p><b>Feb 15 BKF: Cinnamon roll</b> Chicken patty sandwich Baked Beans Fresh veggie mix Grapes Fresh fruit variety Soup bar(Chili) Salad bar</p>
<p><b>Feb 18</b>  <b>No School</b> <b>K-8</b></p> 	<p><b>Feb 19 BKF: Mini pancakes</b> Crispitos w/ cheese sauce Tator tots Fresh veggie mix Fresh orange slices Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p><b>Feb 20 BKF: Breakfast sandwich</b> Chicken strips Fresh baked bread French fries Fresh veggie mix Pears Fresh fruit variety Potato bar Salad bar</p>	<p><b>Feb 21 BKF: Apple strudel</b> Pork tenderloin sandwich<sup>(p)</sup> Sunshine carrots Cuke/pepper/carrot mix Mixed fruit Fresh fruit variety Yogurt bar Salad bar</p>	<p><b>Feb 22 BKF: Breakfast Pizza<sup>(p)</sup></b> 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><b>Feb 25 BKF: Grape crescent</b> Lasagna roll up w/meat sauce Breadstick Steamed carrots Romaine salad w/tomatoes Fresh veggie mix Peaches Fresh fruit variety Hot dog bar Salad bar</p>	<p><b>Feb 26 BKF: Mini waffles</b> Teriyaki Chicken w/rice Dinner roll Stir fry vegetables Fresh veggie mix Pineapple chunk Fresh fruit variety Hamburger bar Salad bar</p>	<p><b>Feb 27 BKF: Egg omelet w/toast</b> Spicy chicken sandwich <b>OR</b> Fish sandwich Baked beans Fresh veggie mix Mandarin oranges Fresh fruit variety Sandwich bar Salad bar</p>	<p><b>Feb 28 BKF: Long John</b> Pancakes &amp; little smokies<sup>(P)</sup> Tator tots Fresh veggie mix Strawberries Fresh fruit variety Yogurt bar Salad bar</p>	<p><b>March 1 BKF: Bagel bites</b> Corn dog Sweet potato fries Fresh veggie mix Fruit juice slushie Fresh fruit variety Quesadilla bar Salad bar </p>
<p><b>Mar 4 BKF: Combo bar<sup>(P)</sup></b> Mac &amp; 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><b>Mar 5 BKF: Pancake on stick<sup>(P)</sup></b> Popcorn Chicken Fresh baked bread Mashed potatoes/gravy Fresh veggie mix Pineapple Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p><b>Mar 6 BKF: French toast sticks</b> Rotini w/ meat sauce Garlic breadstick Romaine salad w/tomatoes Fresh veggie mix Pears Fresh fruit variety Sandwich bar Salad bar</p>	<p><b>Mar 7 BKF: Waffle sticks</b> 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><b>Mar 8 BKF: Cinnamon roll</b> Cheese or Pepperoni french bread Steamed peas Fresh veggie mix Mandarin oranges Fresh fruit variety Potato bar Salad bar White cake</p>
<p><b>Mar 11 BKF: Breakfast burrito</b> Chicken parmesan Spaghetti noodles Garlic breadstick Green beans Romaine salad w/tomatoes Fresh veggie mix Peaches Fresh fruit variety Hot dog bar Salad bar</p>	<p><b>Mar 12 BKF: Mini pancake's</b> French toast sticks Egg omelet Potato wedges Fresh veggie mix Strawberry cup Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p><b>Mar 13 BKF: Breakfast sandwich</b> Beef nachos w/tortilla chips Corn Shredded lettuce/diced tomato Fresh veggie mix Peaches Fresh fruit variety Sandwich bar Salad bar</p>	<p><b>Mar 14 BKF: Apple strudel</b> Pizza Crunchers Steamed broccoli Cuke/pepper/carrot mix Fresh sliced apples Fresh fruit variety Yogurt bar Salad bar</p>	<p><b>Mar 15 BKF: Breakfast pizza<sup>(P)</sup></b> Chicken patty sandwich Green beans Fresh veggie mix Grapes Fresh fruit variety Quesadilla bar Salad bar</p>
<p><b>Mar 18</b> No School K-12 Spring Break </p>	<p><b>Mar 19</b> No School K-12 Spring Break</p>	<p><b>Mar 20</b> No School K-12 Spring Break </p>	<p><b>Mar 21</b> No School K-12 Spring Break</p>	<p><b>Mar 2</b> No School K-12 Spring Break </p>