

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
May 20- June 5
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>May 20 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>May 21 BKF: Mini waffles Crisptos w/ cheese sauce Tater tots Fresh veggie mix Fresh orange slices Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p>May 22 BKF: Egg omelet w/toast Chicken strips Fresh baked bread French fries Fresh veggie mix Pears Fresh fruit variety Sandwich bar Salad bar</p>	<p>May 23 BKF: Long john Pork tenderloin sandwich^(P) Carrots Cuke/pepper/carrot mix Mixed fruit Fresh fruit variety Yogurt bar Salad bar</p>	<p>May 24 BKF: Bagel bites Personal pan pizza (cheese/pepperoni) Romaine salad w/tomatoes Fresh veggie cup Applesauce Fresh fruit variety Potato bar Salad bar Chocolate chip cookie</p>
<p>May 27</p> <p style="font-size: 2em;">No School</p> <p style="font-size: 2em;">K-12</p>	<p>May 28 BKF: Pancake on stick^(P) Mandarin orange chicken w/rice Stir fry vegetables Fresh veggie mix Mandarin oranges Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p>May 29 BKF: French toast sticks Spicy chicken sandwich Baked beans Fresh veggie mix Pineapple Fresh fruit variety Sandwich bar Salad bar</p>	<p>May 30 BKF: Waffle sticks Pancakes & little smokies^(P) Tater tots Fresh veggie mix Strawberries Fresh fruit variety Yogurt bar Salad bar</p>	<p>May 31 BKF: Cinnamon roll Corn dog Sweet potato fries Fresh veggie mix Applesauce Fresh fruit variety Quesadilla bar Salad bar</p>
<p>June 3 BKF: Breakfast burrito Hot dog w/bun Baked beans Fresh veggie mix Fruit juice slushie Fish sandwich bar Salad bar</p>	<p>June 4 BKF: Mini pancakes Cheese French bread w/marinara Fresh veggie mix Pineapple Hamburger bar w/corn Salad bar</p>	<p>June 5 BKF: Cook's choice Sub Sandwich bar w/choice of Assorted deli meats & cheese Assorted veggie toppings Assorted fruit PBJ bar</p>		

Meal account balances will automatically roll to the building where your student will attend next year.

If you are leaving the Linn-Mar District, please request your meal account balance refund from Nicole Krieger, Total Access Administrative Assistant.

She can be reached by phone at (319) 730-3541 or by email at nicole.krieger@linnmar.k12.ia.us.

Free and Reduced Meal Eligibility

If your family is eligible for free school meals based on food stamp eligibility, you **do not** have to complete a new application form next fall. If you qualify for free or reduced meals based on your income, we will need a new application completed in August. Forms will be mailed to households this summer. Please return your form to the Nutrition Services office.

HAVE A GREAT SUMMER!!!!