

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 October 14-November 29 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>Oct. 14 BKF: Combo bar^(P) Stuffed cheese sticks w/marinara Romaine salad w/tomatoes Fresh veggie mix Pineapple chunks Fresh fruit variety Hot dog bar Salad bar</p>	<p>15 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>16 BKF: French toast sticks Chicken strips Fresh baked bread French fries Fresh veggie mix Pears Fresh fruit variety Sandwich bar Salad bar</p>	<p>17 BKF: Apple frudel Grilled chicken Sandwich OR Fish Sandwich Green beans Cuke/pepper/carrot mix Mixed fruit Fresh fruit variety Yogurt bar Salad bar</p>	<p>18 BKF: : Cinnamon roll Personal pan pizza (cheese/pepperoni) Romaine salad w/tomatoes Fresh veggie cup Applesauce Fresh fruit variety Quesadilla bar Salad bar Chocolate chip cookie</p>
<p>21 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>22 BKF: Pancake on a 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>23 BKF: Breakfast sandwich Chicken patty sandwich OR Spicy chicken patty Sandwich Baked beans Fresh veggie mix Pineapple Fresh fruit variety Sandwich bar Salad bar</p>	<p>24 BKF: Waffle sticks Pancakes & little smokies^(P) Tater tots Fresh veggie mix Strawberries Fresh fruit variety Yogurt bar Salad bar</p>	<p>25 BKF: Bagel bites Corn dog^(P) Sweet potato fries Fresh veggie mix Fresh fruit mix Fresh fruit variety Potato bar Salad bar</p>
<p>28 No School K-12</p>	<p>29 BKF: Cheese Danish Popcorn Chicken Fresh baked bread Mashed potatoes & gravy Fresh veggie mix Mixed fruit Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p>30 BKF: Egg omelet w/toast Rotini w/meatsauce Breadstick Romaine salad w/tomatoes Fresh veggie mix Pears Fresh fruit variety Sandwich bar Salad bar</p>	<p>31 BKF: : Long john 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>Nov. 1 BKF: Breakfast pizza^(P) Cheese or Pepperoni french bread Steamed peas Fresh veggie mix Mandarin oranges Fresh fruit variety Quesadilla bar Salad bar Sugar Cookie</p>


National School Lunch Week October 14-18, 2019



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<p>4</p> <p>No School K-12</p>	<p>5 BKF: Pancake on stick^(P) French toast sticks Egg omelet Potato wedges Fresh veggie mix Strawberries Fresh fruit variety Hamburger bar w/corn Salad bar</p>	<p>6 BKF: Egg omelet w/toast Beef nachos w/tortilla chips Corn Shredded lettuce/diced tomato Fresh veggie mix Mixed fruit Fresh fruit variety Sandwich bar Salad bar</p>	<p>7 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>8 BKF: : Breakfast pizza^(P) Pizza Crunchers Steamed broccoli Cuke/pepper/carrot mix Fruit juice slushie Fresh fruit variety Potato bar Salad bar</p>
<p>11 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>12 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>13 BKF: French toast sticks Chicken strips Fresh baked bread French fries Fresh veggie mix Pears Fresh fruit variety Sandwich bar Salad bar</p>	<p>14 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>15 BKF: Cinnamon roll Personal pan pizza (cheese/pepperoni) Romaine salad w/tomatoes Fresh veggie cup Applesauce Fresh fruit variety Quesadilla bar Salad bar Chocolate chip cookie</p>
<p>18 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>19 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>20 BKF: Breakfast sandwich Chicken patty sandwich OR Spicy chicken patty Sandwich Baked beans Fresh veggie mix Pineapple Fresh fruit variety Sandwich bar Salad bar</p>	<p>21 BKF: Waffle sticks Pancakes & little smokies^(P) Tater tots Fresh veggie mix Strawberries Fresh fruit variety Yogurt bar Salad bar</p>	<p>22 BKF: Bagel bites Corn dog^(P) Sweet potato fries Fresh veggie mix Fresh fruit mix Fresh fruit variety Potato bar Salad bar</p>
<p>25 BKF: Breakfast bagel w/cheese Meatball sub sandwich Tater tots Romaine salad w/tomatoes Fresh veggie mix Peaches Fresh fruit variety Hot dog bar w/baked beans Salad bar</p>	<p>26 BKF: BKF: Cheese Danish Chicken Strips Dinner roll Mashed potatoes & gravy Fresh veggie mix Mixed fruit Fresh fruit variety Hamburger bar w/corn Salad bar Sugar cookie</p>	<p>27</p> <p>No School K-12</p>	<p>28</p> <p>No School K-12</p> 	<p>29</p> <p>No School K-12</p>