

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/November 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>15-Day 1 BKF: Grape filled crescent Chicken parmesan Spaghetti noodles Garlic breadstick Green beans Romaine salad w/tomatoes Peaches Fresh fruit variety Hot dog bar Salad bar</p> 	<p>16-Day 2 BKF: Mini waffles French toast sticks Egg omelet Potato wedges Fresh veggie mix Fresh Strawberries Fresh fruit variety Hamburger bar Salad bar</p>	<p>17-Day 3 BKF: : Bkf sandwich^(p) Beef nachos w/tortilla chips Corn Shredded lettuce/diced tomato Melon mix Fresh fruit variety Sandwich bar Salad bar</p> 	<p>18-Day 4 BKF: Apple frudel Fish Sandwich Sugar snap peas Cuke/pepper/carrot mix Mandarin oranges Fresh fruit variety Yogurt bar Salad bar</p>	<p>19- Day 5 BKF: Bagel bites Chicken patty sandwich Baked Beans Fresh veggie mix Grapes Fresh fruit variety Quesadilla bar Salad bar</p> 
<p>22-Day 6 BKF: Combo bar^(p) Stuffed cheese sticks w/marinara Romaine salad w/tomatoes Pineapple chunks Fresh fruit variety Hot dog bar Salad bar</p>	<p>23-Day 1 BKF: Pancake on a stick^(p) Crispitos w/ cheese sauce Tator tots Fresh veggie mix Kiwi and grapes Fresh fruit variety Hamburger bar Salad bar</p>	<p>24-Day 2 BKF: : Egg omelet w/toast Chicken strips Fresh baked bread French fries Fresh veggie mix Mandarin oranges Fresh fruit variety Sandwich bar Salad bar</p>	<p>25-Day 3 BKF: Waffle sticks Pork tenderloin sandwich^(p) Baked beans Cuke/pepper/carrot mix Fruit cocktail Fresh fruit variety Yogurt bar Salad bar</p>	<p>26</p> <p>No School K-12</p>
<p>29</p> <p>No School K-12</p>	<p>30-Day 4 BKF: Mini pancakes Teriyaki chicken w/rice Dinner roll Stir fry vegetables Fresh veggie mix Pineapple chunk Fresh fruit variety Hamburger bar Salad bar</p>	<p>31-Day 5 BKF: Bkf sandwich^(p) Spicy chicken sandwich Baked beans Fresh veggie mix Fresh strawberries Fresh fruit variety Sandwich bar Salad bar</p>	<p>Nov. 1- Day 6 BKF: Apple frudel Pizza Crunchers Steamed broccoli Cuke/pepper/carrot mix Peaches Fresh fruit variety Yogurt bar Salad bar</p>	<p>2- Day 1 BKF: Bagel bites Corn dog^(p) Sweet potato fries Fresh veggie mix Melon mix Fresh fruit variety Quesadilla bar Salad bar</p>




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<p>5-Day 2 BKF: Grape crescent Creamy Mac & cheese Breadstick Steamed Broccoli Romaine salad w/tomatoes Orange slices Fresh fruit variety Hot dog bar Salad bar</p>	<p>6-Day 3 BKF: Mini waffles Popcorn Chicken Fresh baked bread Mashed potatoes/gravy Fresh veggie mix Kiwi and grapes Fresh fruit variety Hamburger bar Salad bar</p>	<p>7-Day 4 BKF: French toast sticks Rotini w/ meat sauce Garlic toast Romaine salad w/tomatoes Pears Fresh fruit variety Sandwich bar Salad bar</p>	<p>8-Day 5 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>9- Day 6 BKF: Breakfast Pizza^(P) Cheese or Pepperoni french bread Steamed peas Fresh veggie mix Mandarin oranges Fresh fruit variety Potato bar Salad bar Brownie</p>
<p>12-Day 1 BKF: Combo bar^(P) Chicken parmesan Spaghetti noodles Garlic breadstick Green beans Romaine salad w/tomatoes Peaches Fresh fruit variety Hot dog bar Salad bar</p>	<p>13-Day 2 BKF: Pancake on a stick^(P) French toast sticks Egg omelet Potato wedges Fresh veggie mix Fresh Strawberries Fresh fruit variety Hamburger bar Salad bar</p>	<p>14-Day 3 BKF: : Egg omelet w/toast Beef nachos w/tortilla chips Corn Shredded lettuce/diced tomato Melon mix Fresh fruit variety Sandwich bar Salad bar</p>	<p>15-Day 4 BKF: Waffle sticks Fish sandwich Sugar snap peas Cuke/pepper/carrot mix Mandarin oranges Fresh fruit variety Yogurt bar Salad bar</p>	<p>16- Day 5 BKF: Cinnamon roll Chicken patty sandwich Baked Beans Fresh veggie mix Grapes Fresh fruit variety Quesadilla bar Salad bar</p>
<p>19-Day 6 BKF: Breakfast burrito Stuffed cheese sticks w/marinara Romaine salad w/tomatoes Pineapple chunks Fresh fruit variety Hot dog bar Salad bar</p>	<p>20-Day 1 BKF: Mini pancakes Chicken Strips Dinner roll Mashed potatoes w/gravy Fresh veggie mix Peaches Fresh fruit variety Hamburger bar Salad bar</p>	<p>21</p> <p>No School K-12</p>	<p>22</p> <p>No School K-12</p> 	<p>23</p> <p>No School K-12</p>
<p>26-Day 2 BKF: Grape crescent Lasagna roll up w/meat sauce Breadstick Steamed carrots Romaine salad w/tomatoes Peaches Fresh fruit variety Hot dog bar Salad bar</p>	<p>27-Day 3 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>28-Day 4 BKF: French toast sticks Spicy chicken sandwich Baked beans Fresh veggie mix Fresh strawberries Fresh fruit variety Sandwich bar Salad bar</p>	<p>29- Day 5 BKF: Long John Pizza Crunchers Steamed broccoli Cuke/pepper/carrot mix Peaches Fresh fruit variety Yogurt bar Salad bar</p>	<p>30-Day 6 BKF: Breakfast Pizza^(P) Corn dog^(P) Sweet potato fries Fresh veggie mix Melon mix Fresh fruit variety Quesadilla bar Salad bar</p>