

North Laurel Middle School Menus 2018-2019

Served Daily:

Milk Choices:

- 1% Unflavored Milk
- Fat-free Unflavored Milk
- Fat-free Flavored Milk

Juice Choices:*

- Apple Juice
- Grape Juice
- Orange Juice
- Vegetable Juice

Vegetable/Fruit Choices

- Fresh Veggie Cups & Dip
- Fresh Fruit
- Fruit Cup
- Garden Salad

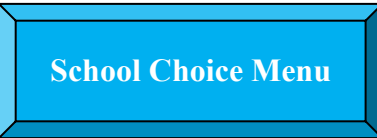
Breakfast:

- Cereal & Toast, Pop Tarts,
- Yogurt/Granola Parfait, Mini Donuts

Meal Prices

- Lunch \$.40/1.50
- Breakfast \$.30/.85

Students must choose 1/2 cup fruit or vegetable daily at breakfast and lunch.



Menu is subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Entree Choices	Chicken Chunks Steakburger/Cheese Turkey/Cheese Wrap	Pulled Pork Sliders Tony's Indv Pizza Turkey/Cheese/Wrap	Hot Ham & Cheese Steakburger/cheese Turkey/Cheese Wrap	LC Pizza/Big Daddy Pizza Chicken Sandwich Turkey /Cheese Wrap	Spaghetti/MeatSauce Calzone Turkey/Cheese/Wrap
Vegetables/ Fruit*	Steamed Broccoli Mashed Potatoes	Potato Cubes Baked Beans	Potato Wedges Corn	Potato Crin Cut	Green Beans
Grains/Other	Mac & Cheese	Graham Snacks	Frozen Fruit Sidekick	Choc Chip Cookie	Breadstick
Lunch Entree Choices	Chicken Strips Steakburger/Cheese Bologna Sandwich	Grilled Cheese Tony's Indv Pizza Bologna Sandwich w/Soup* Potato Cubes	Meatball & Mozz Hoagie Corn Dog Bologna Sandwich	LC Pizza/Che/Pep Bread Chicken Sandwich Bologna Sandwich	Fiesta Taco Salad Quesadilla Bologna Sandwich
Vegetables/ Fruit*	Broccoli & Cheese Mashed Potatoes	Potato Cubes	Potato Wedges Green Beans	Crin Cut Potatoes Marinara Sauce	Refried Beans Corn
Grains/Other	Biscuit White Gravy	Crackers/ Baked Doritos*	Ice Cream Cup	Choc Chip Cookie	Mexican Rice Tostitos Scoops
Lunch Entree Choices	Asian Chicken Bites Steakburger/Cheese Ham/Cheese Wrap	Sausage Biscuit Chicken Biscuit Ham/Cheese Wrap	BBQ Rib Sandwich Steakburger/Cheese Ham/Cheese Wrap	LC Pizza/Bosco Sticks Chicken Sandwich Ham/Cheese Wrap	Hot Dog & Chili Calzone Ham/Cheese Wrap
Vegetables/ Fruit*	Broccoli & Cheese Mashed Potatoes	Potato Cubes Fried Apples	Potato Wedges Green Beans Cole Slaw	Crin Cut Fries Marinara Sauce	Baked Beans Corn
Grains/Other	Teriyaki Rice	Scrambled Eggs Gravy	Frozen Fruit Sidekick	Choc Chip Cookie	Baked Cheetos
Breakfast	Pancakes & Syrup w/Sausage Links / Pancake on Stick *	Donuts & Trix Yogurt	Breakfast Pizza	Sausage Biscuit	Biscuit and Gravy Bacon Hashbrown* Scrambled Eggs

August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

December 2018

Sun	Mon	Tue	We	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

January 2019

Sun	Mon	Tu	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

March 2019

Sun	Mo	Tue	We	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

ALA CARTE

ALL SCHOOLS

\$.75

Oven Baked Lays Chips
Tostitos Scoops
Cheetos Oven Baked Regular
Cheetos Oven Baked Crunchy
Cheetos Fantastix
Doritos RF Cool Ranch
Doritos RF Nacho Cheese
GoldFish
Scooby Sticks
Animal Crackers
Funyuns
Pop Tarts (1 pastry)

\$1.00

NutriGrain Bars
Kelloggs Rice Krispie
Betty Crocker Bars

ELEMENTARY SCHOOLS

4 oz 100 % Juice	.30
8 oz Milk	.30
8 oz Water	.50
16 oz Water	1.00

MIDDLE SCHOOLS

4 oz 100 % Juice	.30
8 oz Milk	.30
8 oz Water	.50
16 oz Water	1.00
10 oz Fruit Juice	1.00

HIGH SCHOOLS

4 oz 100 % Juice	.30
8 oz Milk	.30
8 oz Water	.50
16 oz Water	1.00
10 oz Fruit Juice	1.00
16.9 oz Flav Water	1.00
16.9 oz Diet Tea	1.00
12 oz Gatorade G2	1.00
Diet Soda	1.00

SPECIAL MENU DAYS

September Red, White & Blue Day

Menu: Red-White & Blue Cake

October 50's Day

Menu: Hamburgers or Hot Dogs, Fries, Vegetable Sticks & Dip, Ice Cream

November Managers Choice (includes Thanksgiving Dinner)

19-20

Menu: Turkey & Dressing, Mashed Potatoes & Gravy, Green Beans, **Homemade** Rolls, Dessert of your choice
School choice of extra entree

December Managers Choice (includes Christmas Dinner)

13-18

Menu: Baked Ham, Mashed Potatoes, Green Beans, **Homemade** Rolls, Dessert of your choice
School choice of extra entree

March Dr. Seuss Birthday

Breakfast: Green Eggs & Ham
Lunch: Birthday Cake

May 3 Derby Breakfast

Menu: Breakfast, Sausage & Bacon, scrambled eggs, gravy & biscuits, fried apples, potato cubes, jelly

May Teachers Day

Menu: Make homemade cinnamon rolls and fresh fruit salad for our teachers

May Luau Day

Menu: Pork Rib on Bun, potato choice, fresh vegetables, Fresh fruit salad w/pineapple & Kiwi

May 9 -EOY Managers Choice

Entrée may change, other menu items will remain the same

NOTES:

Cereal Choice – Cheerios offered daily, WG choices only

MENU ROTATION

RED - **Tuesday**– add Soup and crackers instead of Doritos
(Oct 16, Dec 4, Jan 8 & 29, Feb 19, Mar 12)

Monday Breakfast rotate between the two choices

Friday Breakfast hash brown can be potato cubes

August 9 will be Yellow Thursday Menu

August 10 Yellow Wednesday Menu

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.