

South Laurel Middle School Menus 2017-2018



Served Daily:

Milk Choices:

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

Fruit/Juice Choices:*

- Apple Juice
- Grape Juice
- Orange Juice
- Vegetable Juice
- Fresh Fruit
- Fruit Cup

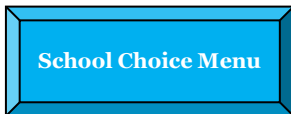
Breakfast:

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

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	Little Caesars/Big Daddys Corn Dog Turkey /Cheese Wrap	Baked Ham Chicken Filet Turkey/Cheese Wrap	Cheezy Bread Sloppy Joe Turkey/Cheese/Wrap	Steakburger/Cheese Chicken Sandwich Turkey/Cheese/Wrap
Vegetables/ Fruit*	Garden Salad Fresh Veggie Cup/Dip Steamed Broccoli Mashed Potatoes	Garden Salad Fresh Veggie Cup/Dip Smiley Fries	Garden Salad Fresh Veggie Cup/Dip Green Beans	Garden Salad Fresh Veggie Cup/Dip Potato Crin Cut Marinara Sauce	Garden Salad Fresh Veggie Cup/Dip Baked Beans Corn
Grains/Other	Roll	Choc Chip Cookie	Mac & Cheese Roll	Ice Cream Cup	Baked Doritos
Breakfast	Breakfast Pizza	Donuts & Trix Yogurt	Chicken Biscuit	Sausage Biscuit	Biscuit & Gravy Scrambled Eggs Hashbrown
Lunch Entree Choices	Chicken Strips Steakburger/Cheese Ham/Cheese Wrap	Breakfast/Soup Sausage Biscuit Chicken Biscuit Ham/Cheese Wrap	Pizza/Calzone Steakburger/Cheese Ham/Cheese Wrap	Turkey & Bacon Sub Chicken Sandwich Ham/Cheese Wrap	Taco Salad/*See Page 3 Quesadilla Ham/Cheese Wrap
Vegetables/ Fruit*	Carrot Sticks w/dip Broccoli & Cheese Mashed Potatoes	Fresh Veggie Cup/Dip Potato Cubes	Fresh Veggie Cup/Dip Crin Cut Potatoes	Fresh Veggie Cup/Dip Green Beans Corn	Fresh Veggie Cup/Dip Refried Beans
Grains/Other	Roll	Scrambled Eggs Gravy	Sugar Cookie	Baked Cheetos	Mexican Rice Tostitos Scoops
Breakfast	Pancake/Sausage on Stick	Muffin & Trix Yogurt	Chicken Biscuit/ School Favorite	Sausage Biscuit	Biscuit & Gravy Scrambled Eggs Hashbrown Bacon Strips

August 2017

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 2017

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

October 2017

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 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	7
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 2017

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

January 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			

February 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			

March 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

April 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					

May 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		

ALA CARTE

ELEMENTARY SCHOOLS

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

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
Rold Gold Hartzels
GoldFish
Scooby Sticks
Animal Crackers
Funyuns
Pop Tarts (1 pastry)

\$1.00

NutriGrain Bars
Kelloggs Rice Krispie
Betty Crocker Bars

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 20-21	Managers Choice (includes Thanksgiving Dinner) Menu: Turkey & Dressing, Mashed Potatoes & Gravy, Green Beans, Homemade Rolls, Dessert of your choice School choice of extra entree
December 11-15	Managers Choice (includes Christmas Dinner) 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 4	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 7 -EOY	Managers Choice Entrée may change, other menu items will remain the same

August 10 will be Yellow Wednesday Menu (not Little Caesars)

August 11 will be Yellow Thursday Menu

NOTES:

Cereal Choice – Cheerios offered daily, WG choices only



MENU ROTATION

Red - See Little Caesars schedule

Yellow

For dates of Oct 31, Nov 14, Dec 5 Jan 9 & 23, Feb 6

- **Tuesday**– Soup (Vegetable beef or chili), grilled cheese, Ham/Cheese Wrap, vegetable cup with dip, smiley fries, crackers

For dates of Aug 23, Oct 4, Nov 15, Dec 6, Jan 10, Feb 7, March 6, April 16
Wednesday—Calzone all else the same

For dates of Aug 25, Oct 6, Nov 17, Dec 8, see new menu cycle

Friday– Hot Dogs & Chili, Big Daddys Pizza, Ham/Cheese Wrap, Garden Salad, Veggie Cups, Baked Beans, Baked Doritos

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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.