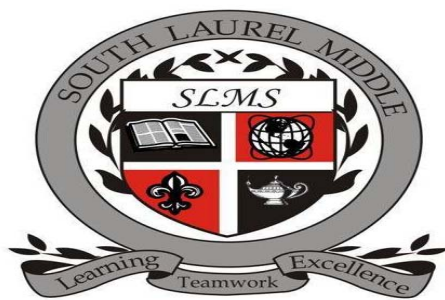


South Laurel Middle School Menus 2018-2019



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 Do-
 nuts

Meal Prices

Lunch \$.40/1.50

Breakfast \$.30/.85

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



School Choice Menu

Menu is subject to change

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

December 2018

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

January 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		

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	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

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	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	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
Funnyuns
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

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- (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.

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