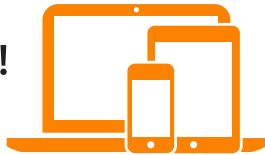


# MIDDLE SCHOOL menu SEPTEMBER



VISIT OUR WEBSITE!

diningservices.scps.us



**MY SCHOOL BUCKS** Pay for breakfast and lunch at: [myschoolbucks.com](http://myschoolbucks.com)

**\$** Breakfast \$1.75  
Lunch \$3.00

Menu is subject to change.  
🐷 = Contains Pork

# BREAKFAST

EACH ENTREE IS SERVED WITH FRUIT, 100% FRUIT JUICE AND MILK.  
*Strawberry-Banana Smoothie and Granola. Served every day.*

## MONDAY

- Mini Maple Pancakes & Sausage🐷
- Golden Grahams and Cheese Stick
- BeneFIT Bar (French Toast or Oatmeal Chocolate Chip)
- Cinnamon Cream Cheese Bagel-ful

## TUESDAY

- Chicken Biscuit
- Trix and Cheese Stick
- BeneFIT Bar (French Toast or Oatmeal Chocolate Chip)
- Apple-Cinnamon Scone & Yogurt

## WEDNESDAY

- French Toast Sticks
- Honey Nut Cheerios and Cheese Stick
- BeneFIT Bar (French Toast or Oatmeal Chocolate Chip)
- Cinnamon Cream Cheese Bagel-ful

## THURSDAY

- Breakfast Quesadilla🐷
- Apple Jacks and Cheese Stick
- BeneFIT Bar (French Toast or Oatmeal Chocolate Chip)
- Apple-Cinnamon Scone & Yogurt

## FRIDAY

- Italian Sausage Breakfast Bowl🐷
- Cinnamon Toast Crunch and Cheese Stick
- BeneFIT Bar (French Toast or Oatmeal Chocolate Chip)
- Cinnamon Cream Cheese Bagel-ful



# LUNCH



## EVERYDAY FAVORITES

ALL ITEMS INCLUDE A VARIETY OF SEASONAL FRUIT, VEGETABLES, JUICE AND MILK.



### CHICKEN SANDWICH MEAL

Choose from:  
Grilled Chicken Sandwich or  
Crispy Chicken Sandwich



### GIANNI'S™ OVEN FRESH PIZZA MEAL

Choose from:  
Cheese, Pepperoni🐷  
or Buffalo Chicken



### SUB SANDWICH MEAL

Choose from:  
Hot Italian🐷  
or Meatball Sub🐷



### SPECIALTY SALAD MEAL

Freshly prepared salads topped with  
flavorful meats and cheeses  
(Vegan options available)



### YOGURT PARFAIT MEAL

Yoplait® yogurt and  
fruit topped with  
homemade granola

# DAILY SPECIALS

ALL ITEMS INCLUDE A VARIETY OF SEASONAL FRUIT, VEGETABLES, JUICE AND MILK.

## FUEL UP WITH FRESH CHOICES

Join us for breakfast and try our Strawberry-Banana Smoothie and Sausage Breakfast Bowl.



**FRIDAY 9/1**



Chicken Quesadilla  
Corn  
Black Beans

**MONDAY 9/4**



**TUESDAY 9/5**



Flame Grilled® Burger  
or  
Black Bean Burger  
French Fries

**WEDNESDAY 9/6**



Spaghetti & Meatballs™  
Broccoli  
Garlic Breadstick

**THURSDAY 9/7**



Chicken Nuggets  
Mashed Potatoes  
Gravy  
Dinner Roll

**FRIDAY 9/8**

SCHOOLS  
CLOSED

**MONDAY 9/11**

**TUESDAY 9/12**

**WEDNESDAY 9/13**

**THURSDAY 9/14**

**FRIDAY 9/15**

SCHOOLS CLOSED

**MONDAY 9/18**



Flame Grilled® Burger  
or  
Black Bean Burger  
French Fries

**TUESDAY 9/19**



Chicken Fajitas  
Peppers & Onions  
Cheese  
Salsa

**WEDNESDAY 9/20**



Baked Ziti  
Broccoli  
Garlic Breadstick

**THURSDAY 9/21**



Chicken Nuggets  
Mashed Potatoes  
Gravy  
Dinner Roll

**FRIDAY 9/22**



Chicken Tenders  
Maple Waffles  
Sweet Potato Fries

**MONDAY 9/25**



Flame Grilled® Burger  
or  
Black Bean Burger  
French Fries

**TUESDAY 9/26**



Hard or Soft Tacos  
with toppings  
Tortilla Chips  
Black Beans

**WEDNESDAY 9/27**



Chicken Parmesan  
Spaghetti  
Broccoli

**THURSDAY 9/28**



Chicken Nuggets  
Mashed Potatoes  
Gravy  
Dinner Roll

**FRIDAY 9/29**



Szechuan Chicken or  
Orange Chicken  
Green Beans  
Rice or Noodles

## ALA CARTE

AVAILABLE EVERYDAY

### FRESH FROM THE OVEN

Gianni's® Pizza Slice 2.25  
Personal Pan Pizza 2.50

### CLASSIC FAVORITES

Chicken Sandwich 2.25  
Sub/Flatbread 2.25  
Popcorn Chicken 2.00

### LIGHTER CREATIONS

Assorted Specialty Salads 2.75

### SIDES & SNACKS

Fresh Fruit .75  
Fresh Veggies with Dip .75  
Cheese Stick .40  
Side Salad 1.25  
Baked Chips or Popcorn .75  
Fresh Baked Cookie .75  
BeneFIT Bar 1.25  
Hershey® Ice Cream 1.00  
Welch's® Fruit Snacks 1.00  
Rice Krispies Treats 1.00

### DRINKS

Nestle® Water 1.00  
T.G. Lee® Milk .75  
Envy® 1.50  
Apple & Eve® Juice Box .65  
Fruit Smoothie 1.75