



St. Michael's Middle School December 2018



Week 1	3 Ring of Eggcellence Tater Tots Applesauce	4 Homemade Lasagna w/wo Fresh Baked WG Breadstick Steamed Carrots Mixed Fruit	5 Tot & Fry Bar Featuring tots and fries With chili, cheese fries Steamed Broccoli Pineapple Tidbits	6 Beefy Nachos Refried Beans Diced Peaches	7 Grilled Cheese Sandwich Tomato Soup/Green Beans Diced Pears
Week 2	10 Monte Cristo Sandwich Steamed Broccoli Diced Pears	11 Shepherds Pie w/wo Fresh Baked WG Roll Steamed Carrots Mixed Fruit	12 Hot Open Faced Turkey Sandwich Stuffing, Mashed Potatoes Apple Crisp	13 Chili Bowl Corn Diced Peaches	14 Chicken Tenders w/Maple Mustard Sauce Baked Beans Mandarin Oranges
Week 3	17 Scrambled Eggs w/wo Sausage w/wo Toast Hash Browns Mandarin Oranges	18 Chicken Parmesan w/Pasta Steamed Broccoli Mixed Fruit	19 Chicken & Waffles French Fries Applesauce	20 General Tso's Chicken w/wo Brown Rice Steamed Carrots Diced Peaches	21 Chicken Nuggets w/wo Fresh Baked WG Roll Baked Beans Diced Pears
Week 4	24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL
Week 5	31				

FAST TAKES

Fast Takes Salad Choices:
 Week 1: Chicken Caesar Salad
 Week 2: Chef Salad
 Week 3: Turkey Cobb Salad
 Week 4: Buffalo Chicken Salad
 Week 5: Crispy Chicken Salad

Garden Salad w/Cheese available daily. All Salads are served with a fresh baked WG Roll

EXPLORE

A variety of fresh, whole, **raw fruits & veggies** are available every day they may include Apples, Oranges, Bananas, Carrots, Celery, Broccoli & Cucumbers (as in season).

UPPER CRUST

Upper Crust Choices:
 Monday: Meat Lovers
 Tuesday: Calzones
 Wednesday: Meat Lovers
 Thursday: Calzones
 Friday: Meat Lovers

SP All pizzas feature whole grain crusts

Cheese & Pepperoni Daily

HONOR ROLL

Daily Grill Choices:
 Monday: Buffalo Chicken Sandwich
 Tuesday: Bacon Cheeseburger
 Wednesday: Hot Dog on a Bun
 Thursday: Buffalo Chicken Sandwich
 Friday: Fish Sandwich

Cheeseburger & Chicken Patty Daily

STACKS

Deli Sandwich Choices:
 Week 1: Chicken Salad Sub
 Week 2: Chicken Ranch Wrap
 Week 3: Ham, Turkey, Cheese Sub
 Week 4: Italian Sub
 Week 5: Chicken Caesar Wrap

Turkey and Cheese Sub available everyday

All items can be purchased a la carte entrees are \$2.50
 A la carte items sold include baked chips (variety of flavors) for \$.65 to \$1.25, Fresh Baked Cookies for \$.75 each, Chocolate Filled Cookies \$1.25 each, Fruit Roll Ups and Scooby Snacks for \$.80, Rice Krispy Treats for \$1.25, Low Fat Ice Cream Novelties for \$1.00 - \$ 1.50. Pop Tarts and Nutri Grain Bars \$1.25, Yogurt \$1.25, Tropicana Juice \$1.75 and Water \$.125

Meal Definition: 1 meat/meat alternative, 1 bread/grain, 1 servings of fruit, 2 servings of vegetables & 1 low fat or fat free milk. Meals must include at least 3 components and 1 must be a fruit or vegetable.

HOLIDAY CELEBRATION WITH SPECIAL MENU ITEMS DECEMBER 10-14

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