



St. Michael's Middle School

November 2018



Week 1			3	1	2
Week 2	Pancakes w/wo Sausage Broccoli/Tater Tots Applesauce	Homemade Baked Ziti w/wo Fresh Baked WG Garlic Breadstick Steamed Carrots Mixed Fruit	Popcorn Chicken Bowl w/wo Fresh Baked WG Roll Mashed Potatoes, Corn Diced Pears	Beefy Nachos Refried Beans Diced Peaches	Grilled Cheese Sandwich BBQ Chicken Flatbread Tomato Soup/Green Beans Pineapple Tidbits
Week 3	Scrambled Eggs w/wo Sausage w/wo Toast Hash Browns Mandarin Oranges	Chicken Parmesan w/Pasta Steamed Broccoli Mixed Fruit	THANKSGIVING MEAL Roasted Turkey w/wo Fresh Baked WG Roll,stuffing, mashed potatoes w/wo gravy, green beans, fruit	General Tso's Chicken w/wo Brown Rice Chicken & Cheese Flatbread Steamed Carrots Diced Peaches	Chicken Tenders w/wo Fresh Baked WG Biscuit Baked Beans Diced Pears
Week 4	Breakfast Burrito Tater Tots Mixed Fruit	Spaghetti & Meatballs w/wo Fresh Baked Garlic Breadstick Broccoli Applesauce	NO SCHOOL	NO SCHOOL	NO SCHOOL
Week 5	Dutch Waffle w/wo Strawberry Topping w/wo Eggs Hash Browns Applesauce	Chicken Alfredo w/pasta w/wo Fresh Baked WG Breadstick Steamed Broccoli Diced Pears	Homemade Chicken Enchiladas Spanish Black Beans Diced Peaches	Zesty Orange Chicken w/wo Fried Rice Oriental Mixed Vegetables Mandarin Oranges	Popcorn Chicken w/wo Fresh Baked WG Roll Hot Dog Baked Beans Diced Peaches

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

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 Choices:
 Monday: Meat Lovers
 Tuesday: Calzones
 Wednesday: Meat Lovers
 Thursday: Calzones
 Friday: Meat Lovers
 Cheese & Pepperoni Daily
NOVEMBER 29 BUFFALO CHICKEN CALZONE

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

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.

This month's feature is **"Eat the Heat!"**
 Check out the specials in red

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