



# St. Michael's Middle School October 2018



Week 1	1 <b>Pancakes w/wo Sausage</b> Tater Tots Applesauce	2 <b>Homemade Baked Ziti w/wo Fresh Baked WG Garlic Breadstick</b> Steamed Carrots Mixed Fruit	3 <b>Popcorn Chicken Bowl w/wo Fresh Baked WG Roll</b> Mashed Potatoes, Corn Diced Pears	4 <b>Homemade Chicken Enchiladas</b> Steamed Broccoli Diced Peaches	5 <b>Chicken Nuggets w/wo Fresh Baked WG Roll</b> Baked Beans Pineapple Tidbits
Week 2	8 <b>Scrambled Eggs w/wo Sausage w/wo Toast</b> Hash Browns Mandarin Oranges	9 <b>Chicken Parmesan w/Pasta</b> Steamed Broccoli Mixed Fruit	10 <b>Chicken &amp; Waffles</b> French Fries Applesauce	11 <b>General Tso's chicken w/wo Brown Rice</b> Steamed Carrots Diced Pears	12 <b>NO SCHOOL</b>
Week 3	15 <b>Breakfast Burrito</b> Tater Tots Mixed Fruit	16 <b>Spaghetti &amp; Meatballs w/wo Fresh Baked Garlic Breadstick</b> Green Beans Applesauce	17 <b>Macaroni &amp; Cheese Bar</b> Featuring pork bbq, hot & spicy chicken and taco toppings Steamed Broccoli Pineapple Tidbits	18 <b>Soft Shell Taco</b> Refried Beans Pineapple Tidbits	19 <b>Chicken Tenders w/wo Fresh Baked WG Biscuit</b> Steamed Carrots Diced Pears
Week 4	22 <b>Dutch Waffle w/wo Strawberry Topping w/wo Eggs</b> Hash Browns Applesauce	23 <b>Chicken Alfredo w/pasta w/wo Fresh Baked WG Breadstick</b> Steamed Broccoli Diced Pears	24 <b>Dueling Cheese Nachos</b> Steamed Carrots Mixed Fruit	25 <b>Zesty Orange Chicken w/wo Fried Rice</b> Oriental Mixed Vegetables Diced Pears	26 <b>Popcorn Chicken w/wo Fresh Baked WG Roll Hot Dog</b> Baked Beans Diced Peaches
Week 5	29 <b>Ring of Eggcellence</b> Tater Tots Applesauce	30 <b>Homemade Lasagna/w/wo Fresh Baked Breadstick</b> Steamed Carrots Mixed Fruit	31 <b>Tot &amp; Fry Bar</b> Featuring tots and fries with chili, cheese fries Steamed Broccoli Pineapple Tidbits		

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

**SP** All pizzas feature whole grain crusts

**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 "**Nacho Usual Nachos!**"! Check out the specials in red

"In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington D.C. 20250-9410 or call toll free (866)632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-8339; or (800)845-6136 (Spanish). USDA is an equal opportunity provider and employer.