



# St. Michael's Middle School September 2018



Week 1					
Week 2	3 <b>NO SCHOOL</b>	4 <b>Homemade Ziti w/wo Fresh Baked Garlic Breadstick</b> Green Beans Mixed Fruit	5 <b>Macaroni &amp; Cheese Bar</b> Featuring pork bbq, hot & spicy chicken and taco toppings Steamed Broccoli Pineapple Tidbits	6 <b>General Tso's chicken w/wo Brown Rice</b> Steamed Carrots Diced Peaches	7 <b>Chicken Nuggets w/wo Fresh Baked WG Roll</b> Baked Beans Diced Pears
Week 3	10 <b>Scrambled Eggs w/wo Sausage w/wo Toast</b> Tater Tots Mandarin Oranges	11 <b>Spaghetti &amp; Meatballs w/wo Fresh Baked Garlic Breadstick</b> Green Beans Pineapple Tidbits	12 <b>Stromboli</b> Steamed Carrots Diced Peaches	13 <b>Soft Shell Taco</b> Refried Beans Pineapple Tidbits	14 <b>Homemade Chicken Enchiladas</b> Steamed Broccoli Diced Pears
Week 4	17 <b>Dutch Waffle w/wo Strawberry Topping w/wo Eggs</b> Tater Tots Applesauce	18 <b>Chicken Parmesan w/Pasta</b> Steamed Broccoli Mixed Fruit	19 <b>Tot &amp; Fry Bar</b> Featuring tots and fries with chili, cheese fries Steamed Carrots Pineapple Tidbits	20 <b>Zesty Orange Chicken w/wo Fried Rice</b> Oriental Mixed Vegetables Diced Pears	21 <b>Chicken Tenders w/wo Fresh Baked WG Roll Hot Dog</b> Baked Beans Diced Peaches
Week 5	24 <b>Ring of Eggcellence</b> Hash Browns Applesauce	25 <b>Homemade Lasagna/w/wo Fresh Baked Breadstick</b> Steamed Carrots Mixed Fruit	26 <b>Sweet &amp; Chili Sauce Burger</b> <b>Popcorn Chicken Bowl</b> Mashed Potatoes, Corn Mandarin Oranges	27 <b>Beefy Nachos</b> Refried Beans Diced Peaches	28 <b>Chicken Alfredo w/wo Fresh Baked Breadstick</b> Steamed Broccoli Mixed Fruit

**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*

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 **"Interanational Burgers!"** Check out the specials in red

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