

SOUTH LAUREL MIDDLE SCHOOL
6-8 MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1					
Breakfast Entree	Mini Pancakes Cereal/Toast	Donuts & Yogurt Yogurt Parfait	Breakfast Pizza Pop Tart	Chicken Sliders Cereal/Toast	Sausage Biscuit- Gravy Pop Tart
Lunch Entree Choices	Chicken Tender Basket Hot Ham/Cheese Croissant	Little Caesars Pizza Turkey & Cheese Sand	Spaghetti/Meatballs Pepperoni Calzone	Hamburg- er/Cheese Corn Dogs	Bosco Sticks Spicy Chicken Sand
Vegetables/Fruit	Shoestring Fries Fresh Broccoli Cup	Corn Veggie Cup	Green Beans Veggie Cups	Curly Fries Veggie Cup	Peas Marinara Sauce Cup Veggie Cup
Grains/Other	Gravy Toast	Sun Chips Choc Chip Cookie	Breadstick		Side Kicks
WEEK 2					
Breakfast Entree	Mini Waffles Cereal/Toast	Muffins Yogurt Parfait	Egg/Cheese Croissant Pop Tart	Cream Cheese Ba- gel Cereal/Toast	Bacon Biscuit-Gravy Pop Tart
Lunch Entree Choices	Chicken Nuggets Hot Ham & Cheese Croissant	Little Caesars Pizza Hamburger/Cheese	Fiesta Taco Salad Burrito	Grilled Cheese / Turkey Sandwich	Sloppy Joe Sand Chicken Quesadilla
Vegetables/Fruit	Mashed Potatoes	Green Beans Veggie Cup	Refried Beans Salsa Cup	Crinkle Cut Fries Steamed Broccoli	Curley Fries Cole Slaw
Grains/Other	Macaroni & Cheese	Cheetos Ice Cream Cup	Mexican Rice Tortilla Chips		Sugar Cookie
WEEK 3					
Breakfast Entree	French Toast Cereal/Toast	Cinnamon Roll & Yo- gurt Yogurt Parfait	School Choice Pop Tart	Muffins Cereal/Toast	Sau- sage/Egg/Cheese Croissant Pop tart
Lunch Entree Choices	Chicken Tenders Hot Ham/Cheese Croissant	Sausage Biscuit Chicken Biscuit	Hot Dog & Chili Turkey/Cheese Sand	Big Daddy's Pizza Philly Steak & Cheese	Pepperoni Bread Chicken Sandwich
Vegetable/Fruit	Mashed Potatoes Broccoli & Cheese	Potatoes Cubes Veggie Cup	Curley Fries Baked Beans	Coleslaw Corn	Green Beans Veggie Cup
Grains/Other	Roll	Scrambled Eggs Gravy		Choc Chip Cookie	Doritos Ice Cream Cup

Menu is Subject to Change

Served Daily for Breakfast : Fresh Fruit & Fruit Cup, 100% Fruit Juice Choices, Variety of Milk Choices
Served Daily for Lunch: Garden Salad, Fresh Fruit & Fruit Cup, 100% Fruit Juice Choices, Variety of Milk Choices

Students must select at least 1/2 cup fruit and/or vegetable daily at breakfast and lunch.

January	February	March	April	May
Mo Tue We Th Fri	Mo Tue We Th Fri	Mo Tue We Thu Fri	Mo Tue We Th Fri	Mon Tu We Th Fri
5 6 7 8 9	2 3 4 5 6	2 3 4 5 6	6 7 8 9 10	4 5 6 7 8
12 13 14 15 16	9 10 11 12 13	9 10 11 12 13	13 14 15 16 17	11 12 13 14 15
19 20 21 22 23	16 17 18 19 20	16 17 18 19 20	20 21 22 23 24	18 19 20 21 22
26 27 28 29 30	23 24 25 26 27	23 24 25 26 27	27 28 29 30	25 26 27 28 29
August	September	October	November	December
Mo Tue We Th Fri	Mon Tu We Th Fri	Mo Tue We Th Fri	Mo Tu Wed Th Fri	Mo Tu W Th Fri
4 5 6 7 8	1 2 3 4 5	6 7 8 9 10	3 4 5 6 7	1 2 3 4 5
11 12 13 14 15	8 9 10 11 12	13 14 15 16 17	10 11 12 13 14	8 9 10 11 12
18 19 20 21 22	15 16 17 18 19	20 21 22 23 24	17 18 19 20 21	15 16 17 18 19
25 26 27 28 29	22 23 24 25 26	27 28 29 30 31	24 25 26 27 28	22 23 24 25 26
	29 30			29 30 31

ALA CARTE PRICES

ELEMENTARY SCHOOLS K-5

4 oz 100% Juice	.50	8 oz Milk	.50
8 oz Water	.50	16 oz Water	1.00

MIDDLE SCHOOLS 6-8

4 oz 100% Juice	.50	8 oz Milk	.50
8 oz Water	.50	16 oz Water	1.00
		10 oz Fruit Juice	1.00

HIGH SCHOOLS 9-12

4 oz 100% Juice	.30	8 oz Milk	.30
8 oz Water	.50	16 oz Water	1.00
10 oz Fruit Juice	1.50	16 oz Diet Tea	1.50
Gatorade	1.50	Diet Soda	1.00

ALL SCHOOLS K-12

\$.75

Oven Baked Chips
Reduced Fat Doritos
Oven Baked Cheetos
Fantastix
Funyuns
Goldfish
Scooby Sticks
Animal Crackers

\$1.00

Pop Tarts (1)
Rice Krispie Treat

#5formaxflavor



SPECIAL MENU DAYS

- September

Red, White & Blue Day

Menu: Red-White & Blue Cake
- October

50's Day

Menu: Hamburgers, Hot Dogs, Fries, Vegetable Sticks & Dip, Ice Cream Sundae
- November

Thanksgiving Dinner

Menu: Turkey & Dressing, Baked Ham, Mashed Potatoes & Gravy, Green Beans, Homemade Rolls, Dessert
- December

Christmas Dinner

Menu: Baked Ham, Turkey & Gravy, Mashed Potatoes, Green Beans, Homemade Rolls, Dessert.
- March

Dr. Seuss Birthday Celebration

Breakfast: Green Eggs & Ham

Lunch: Birthday Cake
- May

Kentucky Derby Breakfast

Menu: Breakfast, Sausage & Bacon, Scrambled Eggs, Gravy & Biscuits, Fried Apples, Potato Cubes, Jelly
- Teachers Appreciation Day

Menu: Homemade Cinnamon Rolls and Fresh Fruit Salad for our Teachers
- Luau Day

Menu: Pork BBQ on Bun, Potato Choice, Fresh Vegetables, Fresh Fruit Salad w/Pineapple & Kiwi

NOTES:

LUNCH RED — Tuesday– add Soup and crackers (October thru February)

Cereal Choice – Cheerios offered, WG choices only



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mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
fax:
(833) 256-1665 or (202) 690-7442;
email:
program.intake@usda.gov.
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