



MIDDLE SCHOOL

FREE MEALS
(both breakfasts and lunches)
continue.

Oct. 9, 2020 USDA PRESS RELEASE:
The U.S. Department of Agriculture (USDA) is extending flexibilities to allow free meals to continue to be available to all children throughout the entire 2020-2021 school year. This unprecedented move is part of USDA's unwavering commitment to ensuring all children across America have access to nutritious food as the nation recovers from the COVID-19 Pandemic.

BREAKFAST & LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST EVERY WEEK	CHICKEN MINI CROISSANT	YOPLAIT YOGURT CUP w/ MUFFIN TOPS	CHICKEN MINI CROISSANT	YOPLAIT YOGURT CUP w/ MUFFIN TOPS	CHICKEN MINI CROISSANT
CEREAL AVAILABLE EVERY DAY (2 bowls)	OR MINI PANCAKES	OR CHICKEN BISCUIT	OR HONEY BUN	OR CHICKEN BISCUIT	OR FRENCH TOAST STICKS
BREAKFAST ALSO INCLUDES MILK, FRUIT AND JUICE					
WEEK 1 LUNCH	MOZZERELLA CHEESE STICKS w/ DIPPING SAUCE (or Tomato Basil Soup)	CHICKEN 'n PANCAKES	NACHOS w/CHEESE & MEAT ON TORTILLA CHIPS OR BAKED POTATO	PIZZA (CHEESE OR PEPPERONI)	CORN DOG (MINI OR LARGE)
<small>Jan 11 – 15 Jan 25 – 29 Feb 8 – 12 Feb 22 – 26 Mar 8 – 12 Mar 22 – 26</small>	OR TURKEY OR HAM SUB/WRAP	OR BUFFALO CHICKEN WRAP	OR TURKEY OR HAM & CHEESE SUB/WRAP	OR CHICKEN TENDER WRAP	
	OR VEGGIE SALAD	OR GRILLED CHICKEN SALAD	OR TACO SALAD	OR BUFFALO CHICKEN SALAD	
SMUCKER'S PBJ CHOICE OFFERED EVERY DAY, TOO					
WEEK 2 LUNCH	POPCORN CHICKEN PLAIN, ASIAN OR BUFFALO w/ RICE	SPAGHETTI w/ MEATBALLS & ROLL	NACHOS w/CHEESE & MEAT	HAMBURGER/ CHEESEBURGER	ALL-WHITE MEAT CHICKEN PATTY SANDWICH
<small>Jan 4 – 8 Jan 19 – 21 Feb 1 – 5 Feb 15 – 19 Mar 1 – 5 Mar 15 – 19</small>	OR TURKEY SUB/WRAP	OR BUFFALO CHICKEN WRAP	OR HAM & CHEESE SUB/WRAP	OR ALL-BEEF HOT DOG	OR BBQ SANDWICH
	OR VEGGIE SALAD	OR CALIFORNIA SALAD	OR TACO SALAD	OR BUFFALO CHICKEN SALAD	

A variety of vegetables and fruit choices offered daily to pair with the entrée

The student can choose up to 3 fruit/vegetable choices or as few as 1 choice

Milk is also included in each breakfast and lunch meal