



# MIDDLE SCHOOL MENUS

# AUGUST 2025



**Schools offer no-cost breakfast and lunch to all students regardless of income.** Low-fat or fat-free milk choice is offered with each meal. Fresh fruit bowl and water are available.

## ADULT PRICES

Breakfast \$2

Lunch \$4

**ALA CARTE SALES** may vary by school. Check with your SN Manager to determine local offerings.

Extra Milk \$0.60

Extra breakfast entrée \$1.75

Extra lunch entrée \$2

Extra side dishes \$0.50

Rice Krispie treat \$1

Cookie \$1

Soft pretzel \$1

Cheese Sauce Cup \$0.50

Flavored water \$1.75

|                                                                   | MONDAY                                                                                                                                             | TUESDAY                                                                                                                | WEDNESDAY                                                                                                       | THURSDAY                                                                                                                                                                   | FRIDAY                                                                                                                         |
|-------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
|                                                                   |                                                                                                                                                    |                                                                                                                        |                                                                                                                 |                                                                                                                                                                            | 1                                                                                                                              |
| <b>Breakfast</b>                                                  |                                                                                                                                                    |                                                                                                                        |                                                                                                                 |                                                                                                                                                                            | Biscuit Choice or<br>Mini Pancakes<br>Juice / Fruit                                                                            |
| <b>Lunch</b><br>choose one<br>entree or salad,<br>if offered      |                                                                                                                                                    |                                                                                                                        |                                                                                                                 |                                                                                                                                                                            | Crispito or<br>Chicken Fajita w/ peppers<br>and onions                                                                         |
| <b>Sides</b><br>select at least<br>one fruit or<br>vegetable      |                                                                                                                                                    |                                                                                                                        |                                                                                                                 |                                                                                                                                                                            | Pinto beans, Spanish Rice,<br>lettuce tomato salad,<br>applesauce, Sliced peaches,<br>Wacky cake, Fresh fruit bowl             |
| <b>Salad Plate or<br/>Bar</b>                                     |                                                                                                                                                    |                                                                                                                        |                                                                                                                 |                                                                                                                                                                            | Diced Ham w/ boiled egg                                                                                                        |
|                                                                   | 4                                                                                                                                                  | 5                                                                                                                      | 6                                                                                                               | 7                                                                                                                                                                          | 8                                                                                                                              |
| <b>Breakfast</b>                                                  | Biscuit Choice or<br>Mini Pancakes w/syrup /<br>Juice / Fruit                                                                                      | Biscuit Choice or<br>Breakfast Pizza / Juice<br>/ Fruit                                                                | Biscuit Choice or<br>Cheese Grits w/Toast /<br>Juice / Fruit                                                    | Biscuit Choice or<br>Muffin w/Cereal / Juice<br>/ Fruit                                                                                                                    | Biscuit Choice or<br>Breakfast Pizza / Juice /<br>Fruit                                                                        |
| <b>Lunch</b><br>choose one<br>entree or salad,<br>if offered      | Cheeseburger<br>Turkey and cheese club<br>sandwich                                                                                                 | Pizza or<br>Spaghetti w/ meat<br>sauce<br>Garlic toast                                                                 | Meat Loaf or chicken<br>tenders<br>Roll                                                                         | Sloppy jo or Burrito                                                                                                                                                       | Chicken sandwich or<br>Ham and cheese<br>sandwich                                                                              |
| <b>Sides</b><br>must select at<br>least one fruit<br>or vegetable | French fries, lettuce,<br>tomato, dill pickles, carrots<br>and celery w/ dip<br>Baked beans, pear salad<br>w/ whipped topping, fresh<br>fruit bowl | Spinach salad, corn on<br>the cob, California blend<br>vegetables, peach slices,<br>Dragon punch, fresh fruit<br>bowl, | Cornbread, Green beans,<br>mac and cheese, okra,<br>creamy Cole slaw, fruit<br>ice, grapes, fresh fruit<br>bowl | Baked sweet potato<br>w/ cinnamon brown<br>sugar margarine,<br>Romaine Salad, Broccoli<br>w/ cheese sauce, fresh<br>fruit bowl strawberry<br>shortcake<br>Fresh fruit bowl | Potato tots, lettuce leaf,<br>tomato, pickles, Corn & black<br>bean salsa, cantaloupe,<br>applesauce cup, fresh fruit<br>bowl, |
| <b>Salad Plate or<br/>Bar</b>                                     | Chef Salad                                                                                                                                         | Grilled Chicken Salad<br>Plate                                                                                         | Chef Salad                                                                                                      | Grilled Chicken Salad<br>Plate                                                                                                                                             | Pimento Cheese Sandwich or<br>PBJ Sandwich                                                                                     |



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|                                                                     | 11                                                                                                                                     | 12                                                                                                                                   | 13                                                                                                                                 | 14                                                                                      | 15                                      |
|---------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|-----------------------------------------|
|                                                                     | MONDAY                                                                                                                                 | TUESDAY                                                                                                                              | WEDNESDAY                                                                                                                          | THURSDAY                                                                                | FRIDAY                                  |
| Breakfast                                                           | Biscuit Choice or Mini Pancakes w/syrup / Juice / Fruit                                                                                | Biscuit Choice or Breakfast Pizza/ Juice / Fruit                                                                                     | Biscuit Choice or Cereal w/Muffin / Juice / Fruit                                                                                  | Biscuit Choice or Cheese Toast w/Cereal / Juice / Fruit                                 | Manager's Choice Juice / Fruit          |
| Lunch<br>choose one entree or salad, if offered                     | <b>Corndog or Chicken nuggets w/ garlic bread</b>                                                                                      | <b>Country fried steak or chicken tender Roll</b>                                                                                    | <b>Turkey wrap or Beef Nachos</b>                                                                                                  | <b>BBQ Sandwich or Hot ham and cheese</b>                                               | <b>Managers Choice</b>                  |
| Sides<br>unlimited, but must select at least one fruit or vegetable | French fries, baked beans<br>veggie dippers, creamy Cole slaw<br>Orange wedges<br>Pear halves                                          | Mashed potatoes / Broccoli w/ cheese sauce<br>fruit cocktail<br>Fresh fruit cup                                                      | Lettuce Tomato Pickle Cup<br>Carrot Celery w/Dip<br>Veggie Fries<br>Frozen ice                                                     | Oven fried okra, pasta salad, grapes, Rosy pear halves, fresh fruit bowl                |                                         |
| Salad Plate or Bar                                                  | Tuna Salad                                                                                                                             | Diced Ham w/Boiled Egg                                                                                                               | Tuna Salad                                                                                                                         | Diced Ham w/Boiled Egg                                                                  | Pimento Cheese Sandwich or PBJ Sandwich |
|                                                                     | 18                                                                                                                                     | 19                                                                                                                                   | 20                                                                                                                                 | 21                                                                                      | 22                                      |
| Breakfast                                                           | Biscuit Choice or Maple Burstin Pancakes Fruit/Juice                                                                                   | Managers Choice                                                                                                                      | Biscuit Choice or Yogurt /muffin Fruit/Juice                                                                                       | Biscuit Choice or Pancake on a Stick Fruit/Juice                                        | Manager's Choice                        |
| Lunch<br>choose one entree or salad, if offered                     | <b>Cheeseburger Turkey and cheese club sandwich</b>                                                                                    | <b>Sloppy Jo or Extreme Beans &amp; Cheese Burrito</b>                                                                               | <b>Chicken Filet Sandwich or Ham &amp; Cheese Croissant</b>                                                                        | <b>Pepperoni Pizza or Beef &amp; Cheese Nachos</b>                                      |                                         |
| Sides<br>unlimited, but must select at least one fruit or vegetable | French fries, lettuce, tomato, dill pickles, carrots and celery w/ dip<br>Baked beans, pear salad w/ whipped topping, fresh fruit bowl | Baked Potato w/Margarine & Sour Cream<br>Broccoli & Cheese Romaine Salad<br>Baked Cinnamon Apple Slices<br>Cry Baby Frozen Fruit Cup | Baked Fries<br>Lettuce, Tomato, Dill Slice / Roasted Corn & Black Bean<br>Fiesta w/Tortilla Chips<br>Jello w/Fruit<br>Peach Slices | Cafeteria Caviar w/Chips<br>Broccoli Salad / Pinto Beans<br>Juice Bar<br>Sliced Peaches |                                         |
| Salad Plate or Bar                                                  | Chef Salad                                                                                                                             | Grilled Chicken Salad Plate                                                                                                          | Chef Salad                                                                                                                         | Grilled Chicken Salad Plate                                                             |                                         |



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|                                                                            | MONDAY                                                                         | TUESDAY                                                     | WEDNESDAY                                                                                                                 | THURSDAY                                                                                               | FRIDAY                  |
|----------------------------------------------------------------------------|--------------------------------------------------------------------------------|-------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|-------------------------|
|                                                                            | 25                                                                             | 26                                                          | 27                                                                                                                        | 28                                                                                                     | 29                      |
| <b>Breakfast</b>                                                           | Biscuit Choice or Cereal w/ Muffin                                             | Biscuit Choice or Breakfast Bar                             | Biscuit Choice or Cinni-mini                                                                                              | Biscuit Choice or Grits w/ toast                                                                       |                         |
| <b>Lunch</b><br>choose one entree or salad, if offered                     | <b>Ham Cheese Sandwich Or Hamburger</b>                                        | <b>Turkey &amp; cheese Wrap Or Stuffed Crust Pizza Pepp</b> | <b>Walking Taco Or Chicken Fajitas</b>                                                                                    | <b>Chicken Sandwich Or Club Sandwich</b>                                                               | <b>Manager's Choice</b> |
| <b>Sides</b><br>unlimited, but must select at least one fruit or vegetable | Lettuce Tomato Pickle Cup<br>Carrot Celery w/Dip<br>French Fries<br>Pear Salad | Garden Salad<br>Whole Kernal Corn<br>Oranges<br>Rip Slushie | Pinto Beans / Spanish Rice<br>Lettuce Tomato<br>Cheese cup<br>Corn & Black Bean Salsa<br>Cherry Applesauce<br>Fresh Pears | Lettuce tomato pickle cup<br>Baked French Fries<br>Carrots w/ Dip<br>Gelatin w/Fruit<br>Sliced Peaches |                         |
| <b>Salad Plate or Bar</b>                                                  | Grilled Chicken                                                                | Diced Ham w/Boiled Egg                                      | Grilled Chicken                                                                                                           | Diced Ham w/ boiled egg                                                                                |                         |