

## STRUNG

## MIDDLE SCHOOL MENUS

NOVEMBER 2025

OF SYSTEM		Monday	tuesday	wednesday	Thursday	friday
		3	4	5	6	7
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	Breakfast	Professional Learning day	BISCUIT CHOICE OR BREAKFAST PIZZA / JUICE / FRUIT	BISCUIT CHOICE OR CEREAL W/MUFFIN / JUICE / FRUIT	BISCUIT CHOICE OR CHEESE TOAST & CEREAL / JUICE / FRUIT	MANAGER'S CHOICE JUICE / FRUIT
	Lunch choose one entree or salad, if offered		(2) TACOS OR CRISPITOS	CHICKEN SANDWICH OR DELI HAM	LASAGNA W/TEXAS TOAST OR PIZZA	Manager's Choice
	Sides select at least one fruit or vegetable		REFRIED BEANS, GARDEN SALAD, JUICE BAR / PEAR SALAD	LETTUCE TOMATO PICKLE BAKED FRENCH FRIES CARROTS W/ DIP GELATIN W/FRUIT SLICED PEACHES	ROMAINE SALAD, PEAS AND CARROTS, WHOLE KERNEL CORN, GELATIN W/ FRUIT, PEACH SLICES, FRESH FRUIT BOWL	Manager's Choice
	Salad Plate or Bar		CHEF SALAD	GRILLED CHICKEN SALAD PLATE	CHEF SALAD	
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		10	11	12	13	14
	Breakfast	BISCUIT CHOICE OR MINI PANCAKES / JUICE / FRUIT	BISCUIT CHOICE OR BREAKFAST PIZZA / JUICE / FRUIT	BISCUIT CHOICE OR CEREAL W/MUFFIN / JUICE / FRUIT	BISCUIT CHOICE OR CHEESE TOAST & CEREAL / JUICE / FRUIT	MANAGER'S CHOICE JUICE / FRUIT
	Lunch choose one entree or salad, if offered	CHICKEN NUGGETS FISH AND SHRIMP BASKET	BEEF STROGANOFF W/ ROLL OR CHICKEN SANDWICH	BREAKFAST CASSEROLE W/BISCUIT OR PANCAKES W/SAUSAGE PATTIES (2)	TANGERINE CHICKEN OR CRISPITO	CHICKEN NOODLE SOUP W/ CRACKERS GRILLED CHEESE SANDWICH OR PBJ SANDWICH
	Sides must select at least one fruit or vegetable	CORNBREAD/ MACARONI W/ CHEESE BLACKEYE PEAS/ TURNIP GREENS/ORANGE WEDGES/PINEAPPLE TIDBITS ASSORTED FRESH FRUIT	BROCCOLI W/ CHEESE, GREEN PEAS, PEACH SLICES/ APPLE WEDGES ASSORTED FRESH FRUIT	TATER TOT CASSEROLE / CHEESE GRITS / YOGURT PARFAIT WANGO-MANGO JUICE CUP GRAPEFRUIT WEDGE	VEGETABLE RICE HONEY GLAZED CARROTS, ROLL FRESH RED GRAPE CLUSTER GLAZED APPLE SLICES FRESH FRUIT BOWL	CARROT STICKS/ ROMAINE SALAD/ APPLESAUCE/ RIPS SLUSHIE ASSORTED FRESH FRUIT
	Salad Plate or Bar	GRILLED CHICKEN	CHEF SALAD	GRILLED CHICKEN SALAD PLATE	CHEF SALAD	PIMENTO CHEESE SANDWICH OR PBJ SANDWICH





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

	Monday	tuesday	wednesday	Thursday	friday
	17	18	19	20	21
Breakfast	BISCUIT CHOICE OR CEREAL W/MUFFIN JUICE / FRUIT	BISCUIT CHOICE OR BREAKFAST PIZZA / JUICE / FRUIT	BISCUIT CHOICE OR CEREAL W/MUFFIN / JUICE / FRUIT	BISCUIT CHOICE OR CHEESE TOAST & CEREAL / JUICE / FRUIT	MANAGER'S CHOICE JUICE / FRUIT
Lunch Jose one entree or sala if offered	HOT DOG OR BBQ SANDWICH	HAMBURGER W/CHEESE OR TURKEY CLUB	Managers Choice	THANKSGIVING MEAL TURKEY OR BAKED HAM OR CHICKEN SANDWICH	Manager's Choice
Sides t least one fruit or veg	BAKED BEANS COLE SLAW, DELI ROASTERS FRESH CUT FRUIT BOWL PEACH SLICES FRESH FRUIT BOWL	LETTUCE, TOMATO, DILL SLICES BABY CARROTS W/DIP CORN ON COB FRESH FRUIT CUP FRESH PEAR FRESH FRUIT BOWL	Managers Choice	SWEET POTATO SOUFFLE TURKEY AND DRESSING/ TURKEY GRAVY/ GREEN BEANS/ FRUIT SALAD/SPICE CAKE/ ASSORTED FRESH FRUIT	Manager's Choice
Salad Plate or Bar	Grilled Chicken	CHEF SALAD	Grilled Chicken	CHEF SALAD	

## 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

