

# PS7 Middle School April 2018



#### **Comfort Foods (Line B)**

2	3	4	5	6
NO SCHOOL	Buffalo Chicken Salad Toasted Cheese Flatbread	Pizza Day! Pepperoni Cheese	Broccoli Beef Vegetable Rice	Beef Enchiladas Spanish Brown Rice
9	10	11	12	13
BBQ Chicken Mashed Potato Wheat Roll	Teriyaki Chicken Vegetable Brown Rice	Pizza Day! Pepperoni Cheese	Cheeseburger Mac and Cheese Garlic Cheese Bread	Beef Nachos Mexican Style beans
16	17	18	19	20
Steak and Cheese Burrito Fiesta Beans	Broccoli Beef Vegetable Rice	Pizza Day! Pepperoni Cheese	Chicken Parmesan Pasta Bake Garlic Cheese Bread	Sack Lunch
23	24	25	26	27
Orange Chicken Stir Fry Vegetables Wheat Roll	Carnitas Tostada Cilantro Brown Rice	Pizza Day! Pepperoni Cheese	Homestyle Bowl Chicken & Mashed Potato Biscuit	NO SCHOOL
Orange Chicken Stir Fry Vegetables Wheat Roll	P	Choose MyPlate gov	BREAKFAST  Student Prices  \$1.50 Paid  \$0.30 Reduced*  Adult/Staff \$2.00	LUNCH Student Prices \$2.65 Paid \$0.40 Reduced* Adult/Staff \$3.99

#### **Grill Options (Line A)**

Monday	Tuesday	Wednesday	Thursday	Friday
Classic Chasse Burger	DDC Chieleon Conduish		Hot Dog	DDO Dik
Classic Cheese Burger Daily Side	BBQ Chicken Sandwich Daily Side	Pizza Day!	Hot Dog Daily Side	BBQ Rib Daily Side
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Galad Bai	Galad Bai	Galad Bal	Galad Bal	Galad Bal

<sup>\*</sup>You may qualify for free or reduced-price meals. Applications are available at all schools and the district office.

Low-fat milk is served with every breakfast and lunch. Some other menu items may change due to availability of products.

USDA and this institution are equal opportunity providers.

#### Snack Bar (Line C)



Cold Sandwiches & Wraps Made Fresh

**Daily Sandwiches** 

Turkey & Cheese

Ham & Cheese

Tuna Sandwich

Wraps: Rotating Selection

Chicken Wrap

Deli Wrap

Turkey Wrap



Daily Salad Bar & Condiments

Monday Carrots, Diced Fruit

Tuesday Jicama, Kale, Fruit

Wednesday Tomato & Cucumber, Salad

Thursday Beets, Potato Salad

Friday Carrots & Celery, Spinach



Fresh Food Fast: Packaged for Grab N' Go

Monday Chicken Caesar Salad
Tuesday Chicken Caesar Salad

Wednesday Chopped Chicken Salad

Thursday Ham & Turkey Chef Salad

Friday Chicken Caesar Salad

#### A La Carte (Line C)

A rotating selection of healthier snacks may be purchased a la carte from the snack bar.



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### Breakfast

2	3	4	5	6
	Build Your Own	Build Your Own	Build Your Own	Build Your Own
NO SCHOOL	Oatmeal Bar	Oatmeal Bar	Oatmeal Bar	Oatmeal Bar
	Yogurt and Muffin	Breakfast Pizza	Breakfast Burrito	Sausage and Cheese Bagel
9	10	11	12	13
Build Your Own	Build Your Own	Build Your Own	Build Your Own	Build Your Own
Oatmeal Bar	Oatmeal Bar	Oatmeal Bar	Oatmeal Bar	Oatmeal Bar
Cheese Omelet	Cinni Rush French Toast	Yogurt and Muffin	Biscuit & Hash Brown	Sausage and Cheese Bagel
16	17	18	19	20
Build Your Own	Build Your Own	Build Your Own	Build Your Own	Build Your Own
Oatmeal Bar	Oatmeal Bar	Oatmeal Bar	Oatmeal Bar	Oatmeal Bar
Cinni Rush French Toast	Pancakes with Syrup Burst	Yogurt and Muffin	Biscuit & Hash Brown	Breakfast Pizza
23	24	25	26	27
Build Your Own	Build Your Own	Build Your Own	Build Your Own	
Oatmeal Bar	Oatmeal Bar	Oatmeal Bar	Oatmeal Bar	NO SCHOOL
Pancakes with Syrup Burst	Cheese Omelet	Sausage and Cheese Bagel	Sausage and Cheese Bagel	
30			BREAKFAST	LUNCH
Build Your Own	-	Fruits Course	Student Prices	Student Prices
Oatmeal Bar			\$1.50 Paid	\$2.65 Paid
			\$0.30 Reduced*	\$0.40 Reduced*
Pancakes		Change the Materials	Adult/Staff \$2.00	Adult/Staff \$3.99
with Syrup Burst		Choose <b>MyPlate</b> .gov		

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Questions, concerns or feedback, please call: Director of Dining Services, Nick Dramis, 916.649.7844