

# **PS7 Middle School**

**August 2018** 



Snack Bar (Line C)

### Comfort Foods (Line B)

		1	2	3
p	Choose MyPlate.gov	NO SCHOOL	NO SCHOOL	NO SCHOOL
6	7	8	9	10
NO SCHOOL	NO SCHOOL	<b>Pizza Day!</b> Pepperoni Cheese	Cheeseburger Mac and Cheese Garlic Bread	Steak and Cheese Burrito Mexican Style beans
13	14	15	16	17
Teriyaki Beef Veggie Rice Flatbread	BBQ Chicken Corn on the Cob Biscuit	<b>Pizza Day!</b> Pepperoni Cheese	Buffalo Chicken Salad Garlic Cheese Bread	Beef Nachos
20	21	22	23	24
Pesto Chicken With Whole Wheat Pasta Wheat Roll	Carnitas Tostada Cilantro Brown Rice	<b>Pizza Day!</b> Pepperoni Cheese	BBQ Chicken Corn on the Cob Biscuit	Street Tacos Spanish Brown Rice
27	28	29	30	31
Meatballs In Zesty Marinara Garlic Mash Wheat Roll	Teriyaki Beef Veggie Rice Flatbread	Pizza Day! Pepperoni Cheese	Chicken Fajita Mexican Style Rice and Beans	NO SCHOOL

## Grill Options (Line A)

Monday	Tuesday	Wednesday	Thursday	Friday
Classic Cheese Burger	Chicken Ranch Sandwich		Hot Dog	BBQ Rib
Daily Side	Daily Side	Pizza Day!	Daily Side	Daily Side
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar

Low-fat milk is served with every breakfast and lunch. Some other menu items may change due to availability of products. Adjustments Questions, concerns or feedback: Please call Director of Dining Services Nick Dramis at 916.649.7844.



USDA and this institution are equal opportunity providers.

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Cold Sandwiches & Wraps Made Fresh						
Daily Sandwiches						
Turkey & Cheese						
Ham & Cheese						
Tuna Sandwich						
Wraps: Rotating Selection						
Crispy Chicken Wrap						
Deli Wrap						
Turkey Wrap						
Daily Salad Bar & Condiments						
,	Carrots, Diced Fruit					
	Tuesday Jicama, Kale, Fruit					
Wednesdav	Tomato & Cucumber, Salad					
Thursday	Thursday Beets, Potato Salad					
Friday	Friday Carrots & Celery, Spinach					
Outtakes						
Fresh Food Fast: Packaged for Grab N' Go						
Monday	Chicken Caesar Salad					
Tuesday	Chopped Chicken Salad					

Mobile Cart (Line D)

Chicken Caesar Salad

Chicken Caesar Salad

Chopped Chicken Salad

A rotating selection of popular items will be available on our mobile cart



Wednesday

Thursday

Friday

See reverse for student and non-student meal pricing



# **PS7 Middle School**

# August 2018



Breakfast

	Choose My Plate gov	1	2	3
p		NO SCHOOL	NO SCHOOL	NO SCHOOL
6	7	8	9	10
		Build Your Own	Build Your Own	Build Your Own
NO SCHOOL	NO SCHOOL	Oatmeal Bar	Oatmeal Bar	Oatmeal Bar
		Yogurt and Muffin	Biscuit & Hash Brown	Sausage & Cheese Bagel
13	14	15	16	17
Build Your Own	Build Your Own	Build Your Own	Build Your Own	Build Your Own
Pancake Bar	Pancake Bar	Pancake Bar	Pancake Bar	Pancake Bar
Cinni Rush French Toast	French Toast	Yogurt and Muffin	Biscuit & Hash Brown	Breakfast Pizza
	with Syrup Burst			
20	21	22	23	24
Build Your Own	Build Your Own	Build Your Own	Build Your Own	Build Your Own
Yogurt Bar	Yogurt Bar	Yogurt Bar	Yogurt Bar	Yogurt Bar
Pancakes	Breakfast Pizza	French Toast	Sausage & Cheese Bagel	Yogurt and Muffin
with Syrup Burst				
27	28	29	30	31
Build Your Own	Build Your Own	Build Your Own	Build Your Own	
Oatmeal Bar	Oatmeal Bar	Oatmeal Bar	Oatmeal Bar	NO SCHOOL
Pancakes	Breakfast Pizza	Sausage & Cheese Bagel	French Toast	
with Syrup Burst				

### **Meal Prices**

St. HOPE Public Schools is participating in the Community Eligibility Provision for its meals program during the 2018-19 school year.

This means St. HOPE is able to provide one **free breakfast** and one **free lunch** to each enrolled student in attendance during designated meal times each school day as part of the School Breakfast Program and National School Lunch Program.

There is no need for families to apply for this program. Every enrolled student qualifies.

Non-student pricing is \$2.00 for breakfast, and \$3.99 for lunch.

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