

PS7 Middle School December 2017



Comfort Foods (Line B)

BREAKFAST	LUNCH			1
Student Prices \$1.50 Paid \$0.30 Reduced* Adult/Staff \$2.00	Student Prices \$2.65 Paid \$0.40 Reduced* Adult/Staff \$3.99	p	Choose My Plate.gov	Pizza Day! Pepperoni Cheese
4	5	6	7	8
Bean & Cheese Burrito Cilantro Brown Rice	Macaroni and Cheese Bread Stick	Pizza Day! Pepperoni Cheese	Street Tacos Chipotle Buttered Corn	Chili Cheese Fries Whole Wheat Roll
11	12	13	14	15
Teriyaki Beef Vegetable Rice	Chicken Fajita Mexican Style Beans	Pizza Day! Pepperoni Cheese	Tomato Basil Soup Garlic Cheese Bread	Oven Roasted Turkey Mashed Potatoes
18	19	20	21	22
Sack Lunch	Sack Lunch	Sack Lunch	NO SCHOOL	NO SCHOOL
25	26	27	28	29
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL

Grill Options (Line A)

Monday	Tuesday	Wednesday	Thursday	Friday		
Grilled Ham and Cheese	Spicy Chicken Sandwich	BBQ Rib Sandwich	Classic Cheese Burger	Hot Dog		
Daily Side	Daily Side	Daily Side	Daily Side	Daily Side		
Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar		

^{*}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

Buffalo Chicken Wrap

Deli Wrap

Turkey Wrap



Daily Salad Bar & Condiments

Monday Carrots, Asian Cabbage Slaw

Tuesday Jicama, Celery, Fruit

Wednesday Tomato & Cucumber, Salad

Thursday Salad, Pasta Salad

Friday Carrots & Celery, Spinach



Fresh Food Fast: Packaged for Grab N' Go

Monday Chicken Caesar Salad & Roll
Tuesday Ham & Turkey Chef Salad & Roll
Wednesday Chicken Caesar Salad & Roll
Thursday Ham & Turkey Chef Salad & Roll

Friday Hearty Spinach Salad & Roll

A La Carte (Line C)

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

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



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Breakfast

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BREAKFAST	LUNCH			1
Student Prices	Student Prices		Train Cours	
\$1.50 Paid	\$2.65 Paid			Assorted Bowl Cereal
\$0.30 Reduced*	\$0.40 Reduced*			
Adult/Staff \$2.00	Adult/Staff \$3.99		Choose MyPlate.gov	Benefit Breakfast Bar
4	5	6	7	8
Assorted Bowl Cereal	Assorted Bowl Cereal	Assorted Bowl Cereal	Assorted Bowl Cereal	Assorted Bowl Cereal
Cinni Rush French Toast	Pancakes	Breakfast Pizza	Biscuit & Hash Brown	Sausage & Cheese Bagel
	with Syrup Burst			
11	12	13	14	15
Assorted Bowl Cereal	Assorted Bowl Cereal	Assorted Bowl Cereal	Assorted Bowl Cereal	Assorted Bowl Cereal
Cinni Rush French Toast	Pancakes	Yogurt and Muffin	Biscuit & Hash Brown	Sausage & Cheese Bagel
	with Syrup Burst	•		
18	19	20	21	22
Assorted Bowl Cereal	Assorted Bowl Cereal	Assorted Bowl Cereal		
			NO SCHOOL	NO SCHOOL
Cinni Rush French Toast	Pancakes	Breakfast Pizza		
	with Syrup Burst			
25	26	27	28	29
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL

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