

PS7 Middle School January 2018



Comfort Foods (Line B)

BREAKFAST	LUNCH			5
Student Prices	Student Prices			
\$1.50 Paid	\$2.65 Paid			
\$0.30 Reduced*	\$0.40 Reduced*			NO SCHOOL
Adult/Staff \$2.00	Adult/Staff \$3.99		Choose MyPlate.gov	
8	9	10	11	12
		Pizza Day!	Chicken Burrito	Chili Cheese Fries
NO SCHOOL	NO SCHOOL	Pepperoni	Cilantro Brown Rice	Whole Wheat Roll
		Cheese		
15	16	17	18	19
	Teriyaki Beef	Pizza Day!	Cheeseburger	Street Tacos
NO SCHOOL	Stir Fry Veggies	Pepperoni	Mac and Cheese	Chipotle Buttered Corn
		Cheese	Garlic Cheese Bread	
22	23	24	25	26
Cheesy Beef Nachos	BBQ Chicken	Pizza Day!	Carnitas Tostada	Oven Roasted Turkey
	Molasses Baked Beans	Pepperoni	Fiesta Beans	Mashed Potatoes
		Cheese		
29	30	31		
23	30	31		
BBQ Meatballs	Chicken Parm Pasta Bake	Pizza Day!		
Mashed Potatoes	Garlic and Cheese Bread Stick	Pepperoni		
		Cheese		

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

riday 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

BREAKFAST	LUNCH			5
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Adult/Staff \$2.00	Adult/Staff \$3.99		Choose MyPlate.gov	
		0 1200		
8	9	. •	11	12
		Build Your Own	Build Your Own	Build Your Own
		Parfait Bar	Parfait Bar	Parfait Bar
NO SCHOOL	NO SCHOOL			
		Sausage and Cheese Bagel	Biscuit & Hash Brown	Sausage and Cheese Bagel
15	16	17	18	19
13	Build Your Own	Build Your Own	Build Your Own	Build Your Own
	Parfait Bar	Parfait Bar	Parfait Bar	Parfait Bar
NO SCHOOL	r arrait Bar	r arrait Bar	r arrait Bar	r anak bar
110 0011002	Pancakes	Yogurt and Muffin	Biscuit & Hash Brown	Pancakes
	with Syrup Burst			with Syrup Burst
22	23	24	25	26
Build Your Own	Build Your Own	Build Your Own	Build Your Own	Build Your Own
Parfait Bar	Parfait Bar	Parfait Bar	Parfait Bar	Parfait Bar
Cinni Rush French Toast	Pancakes	Sausage and Cheese Bagel	Pancakes	Breakfast Pizza
	with Syrup Burst		with Syrup Burst	
29	30	31		
Build Your Own	Build Your Own	Build Your Own		
Parfait Bar	Parfait Bar	Parfait Bar		
Cinni Rush French Toast	Pancakes	Sausage and Cheese Bagel		
	with Syrup Burst			

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