

PS7 Middle School May 2018



Comfort Foods (Line B)

BREAKFAST	1	2	3	4
Student Prices				
\$1.50 Paid	Beef Enchiladas	Pizza Day!	Broccoli Beef	Sloppy Joe
\$0.30 Reduced*	Cilantro Brown Rice	Pepperoni	Vegetable Rice	Peas and Carrots
Adult/Staff \$2.00		Cheese		
7	8	9	10	11
BBQ Chicken	Beef Chili	Pizza Day!	Cheeseburger	Loaded Tots
Mashed Potato	Cornbread	Pepperoni	Mac and Cheese	Wheat Roll
Wheat Roll		Cheese	Garlic Cheese Bread	
14	15	16	17	18
14	10	10	17	10
Steak and Cheese Burrito	Teriyaki Chicken	Pizza Day!	Chicken Tortilla Soup	Sack Lunch
Fiesta Beans	Vegetable Rice	Pepperoni	Toasted Flat Bread	Gaok Earlori
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		GHGGGG		
21 22		23	24	25
Orange Chicken	Street Tacos	Pizza Day!	BBQ Chicken	Chicken Pot Pie
Stir Fry Vegetables	Cilantro Brown Rice	Pepperoni	Baked Beans	Green Salad
Wheat Roll		Cheese		
28	29	30	31	LUNCH
				Student Prices
NO SCHOOL	Carnitas Tostada	Pizza Day!	Homestyle Bowl	\$2.65 Paid
	Cilantro Brown Rice	Pepperoni	Chicken & Mashed Potato	\$0.40 Reduced*
		Cheese		Adult/Staff \$3.99

Grill Options (Line A)

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

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







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Breakfast

Build Your Own Oatmeal Bar Vogurt and Muffin Build Your Own Oatmeal Bar Vogurt and Muffin Build Your Own Oatmeal Bar Vogurt and Muffin Breakfast Pizza Build Your Own Oatmeal Bar Vogurt and Muffin Breakfast Pizza Breakfast Burrito Build Your Own Oatmeal Bar Cheese Omelet Cinni Rush French Toast Pancakes with Syrup Burst 28 29 30 30 31 Build Your Own Oatmeal Bar			21 carry acc			=
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Build Your Own Oatmeal Bar Biscuit & Hash Brown Breakfast Pizza ### Pancakes with Syrup Burst ### Pancakes Oatmeal Bar ### Pancakes Oatmeal Bar						
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Cheese Omelet Breakfast Burrito Sausage & Cheese Bagel		Build Your Own	Build Your Own	Build Your Own		
	NO SCHOOL	Oatmeal Bar	Oatmeal Bar	Oatmeal Bar		
Choose FiyPlate .gov		Cheese Omelet	Breakfast Burrito	Sausage & Cheese Bagel	Change	
					Choose myPlate .gov	

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