

PS7 Middle School November 2017



Comfort Foods (Line B)

BREAKFAST	LUNCH	1	2	3
Student Prices	Student Prices	<u> </u>		
\$1.50 Paid	\$2.65 Paid	Teriyaki Beef and	Cheesy Nachos	Pizza Day!
\$0.30 Reduced*	\$0.40 Reduced*	Vegetable Rice Bowl	Cheesy Nachos	Pepperoni
Adult/Staff \$2.00	Adult/Staff \$3.99	vegetable Nice Bowl		Cheese
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6 7		8	9	10
Buffalo Chicken Salad	Meatballs & Zesty Marinara Garlic Mashed Potatoes	Seasoned Beef Street Tacos Cilantro Lime Brown Rice	Pizza Day! Pepperoni Cheese	NO SCHOOL
13	14	15	16	17
Sweet and Sour Chicken Stir fry Vegetables	Bean and Cheese burrito Cilantro Rice	BBQ Chicken Mashed Potatoes	Chili Cheese Fries Whole Wheat roll	Creamy Mac and Cheese Whole wheat roll
20	21	22	23	24
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
27	28	29	30	
Chicken Fajitas Mexican Style Beans	Grilled Cheese Tomato Chipotle Soup	Penne With Meat Sauce Garlic Breadstick	Carnitas Tostada Black Beans	p

Grill Options (Line A)

Monday	Tuesday	Wednesday	Thursday	Friday
Grilled Ham and Cheese	Spicy Chicken Sandwich	BBQ Rib Sandwich	Classic Cheese Burger	Cheddar 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

Wraps: Rotating Selection

Turkey Wrap

Buffalo Chicken Wrap

Chicken Caesar Wrap



Daily Salad Bar & Condiments

Carrots, Beans, Cucumber

Tuesday Jicama, Celery, Fruit

Wednesday Tomato & Cucumber, Salad

Salad, Pasta Salad Thursday

Carrots & Celery, Spinach



Fresh Food Fast: Packaged for Grab N' Go

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

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