

PS7 Middle School

October 2018



Comfort Foods (Line B)

1	2	3	4	5
Beef Nachos!	Minimum Release	Minimum Release	NO SCHOOL	NO SCHOOL
8	9	10	11	12
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
15	16	17	18	19
NO SCHOOL	Steak and Cheese Burrito Fiesta Beans & Rice	Pizza Day! Pepperoni Cheese	Broccoli Beef Vegetable Rice	Homestyle Chicken Bowl
22	23	24	25	26
Bacon Cheeseburger Macaroni & Cheese	Teriyaki Chicken Stir Fry Vegetables Flatbread	Pizza Day! Pepperoni Cheese	BBQ Chicken Corn on The Cob Biscuit	Loaded Chili Cheese Tater Tots Wheat Roll
29	30	31		
Sweet and Sour Chicken w/ Stir Fry Vegetables	Beef Taco Chili Lime Corn	HAPPY HALLOWEEN Pizza Day! Pepperoni Cheese	Choose MyPlate.gov	p

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	BBQ Rib Sandwich Daily Side Salad Bar	Chicken Parm Sandwich Daily Side 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.

Snack Bar (Line C)

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

Mobile Cart (Line D)

Friday Asian Chicken Salad

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



See reverse for student and Prices non-student meal pricing



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Breakfast

2	3	Λ	5
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			NO SCHOOL
Fallall	Fallan	NO SCHOOL	NO SCHOOL
Manual and Mattin	Olivel Duck French Taract		
Yogurt and Muttin	Cinni Rush French Toast		
9	10	11	12
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
16	17	18	19
Build Your Own	Build Your Own	Build Your Own	Build Your Own
Parfait	Parfait	Parfait	Parfait
Cheese Omelet	Sausage & Cheese Bagel	Yogurt and Muffin	Breakfast Pizza
23	24	25	26
Build Your Own	Build Your Own	Build Your Own	Build Your Own
Bagel Bar	Bagel Bar	Bagel Bar	Bagel Bar
Cheese Omelet	Pancakes	Cinni Rush French Toast	Bagel and Cream Cheese
	with Syrup Burst		
30	31		
Build Your Own	HAPPY HALLOWEEN		(Care 1)
Parfait	Parfait		
	Pancakes		
Cheese Omelet	w/ Syrup 🗲 🔺		
	and a strength	Choose MyPlate.gov	
	NO SCHOOL 16 Build Your Own Parfait Cheese Omelet 23 Build Your Own Bagel Bar Cheese Omelet 30 Build Your Own Parfait	Build Your Own ParfaitBuild Your Own ParfaitParfaitCinni Rush French ToastYogurt and MuffinCinni Rush French Toast910NO SCHOOLNO SCHOOLNO SCHOOLNO SCHOOL1617Build Your Own ParfaitBuild Your Own ParfaitCheese OmeletSausage & Cheese Bagel2324Build Your Own Bagel BarBagel BarCheese OmeletPancakes with Syrup Burst3031Build Your Own ParfaitPancakes Pancakes31Build Your Own ParfaitBuild Your Own ParfaitPancakes Pancakes3031Build Your Own ParfaitPancakes Pancakes	Build Your Own ParfaitBuild Your Own ParfaitNO SCHOOLYogurt and MuffinCinni Rush French ToastNO SCHOOL91011NO SCHOOLNO SCHOOLNO SCHOOLNO SCHOOLNO SCHOOLNO SCHOOL161718Build Your Own ParfaitBuild Your Own ParfaitBuild Your Own Parfait232425Build Your Own Bagel BarBuild Your Own Bagel BarBuild Your Own Bagel Bar3031Cinni Rush French ToastBuild Your Own ParfaitParcakes with Syrup BurstCinni Rush French Toast3031Parfait ParfaitParfait ParfaitBuild Your Own ParfaitParfait ParfaitCinni Rush French Toast3031Parfait ParfaitParfait ParfaitBuild Your Own ParfaitParfait Parfait ParfaitCinni Rush French Toast

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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