

# **PS7 Middle School**

## October 2018



## Comfort Foods (Line B)

| 1  | 2  | 3  | 4   | 5   |
|--|--|--|---|---|
| Beef<br>Nachos!                                  | Minimum<br>Release                                   | Minimum<br>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<br>Fiesta Beans & Rice      | <b>Pizza Day!</b><br>Pepperoni<br>Cheese             | Broccoli Beef<br>Vegetable Rice           | Homestyle Chicken Bowl                          |
| 22   | 23   | 24   | 25  | 26  |
| Bacon Cheeseburger<br>Macaroni & Cheese          | Teriyaki Chicken<br>Stir Fry Vegetables<br>Flatbread | Pizza Day!<br>Pepperoni<br>Cheese                    | BBQ Chicken<br>Corn on The Cob<br>Biscuit | Loaded Chili Cheese<br>Tater Tots<br>Wheat Roll |
| 29   | 30   | 31   |   |   |
| Sweet and Sour Chicken<br>w/ Stir Fry Vegetables | Beef Taco<br>Chili Lime Corn                         | HAPPY HALLOWEEN<br>Pizza Day!<br>Pepperoni<br>Cheese | Choose MyPlate.gov                        | p   |

## Grill Options (Line A)

| Monday   | Tuesday   | Wednesday               | Thursday                                    | Friday   |
|--|---|-------------------------|---|--|
| Classic Cheese Burger<br>Daily Side<br>Salad Bar | BBQ Chicken Sandwich<br>Daily Side<br>Salad Bar | Pizza Day!<br>Salad Bar | BBQ Rib Sandwich<br>Daily Side<br>Salad Bar | Chicken Parm Sandwich<br>Daily Side<br>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)

| Contraction of the second s |                           |  |  |  |  |  |
|---|---------------------------|--|--|--|--|--|
| 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



# **PS7 Middle School**

### October 2018



#### Breakfast

| 2                 | 3  | Λ   | 5   |
|-------------------|--|---|---|
|                   | -  | • • • • • • • • • • • • • • • • • • •   | •   |
|                   |  |   | 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<br>16<br>Build Your Own<br>Parfait<br>Cheese Omelet<br>23<br>Build Your Own<br>Bagel Bar<br>Cheese Omelet<br>30<br>Build Your Own<br>Parfait | Build Your Own<br>ParfaitBuild Your Own<br>ParfaitParfaitCinni Rush French ToastYogurt and MuffinCinni Rush French Toast910NO SCHOOLNO SCHOOLNO SCHOOLNO SCHOOL1617Build Your Own<br>ParfaitBuild Your Own<br>ParfaitCheese OmeletSausage & Cheese Bagel2324Build Your Own<br>Bagel BarBagel BarCheese OmeletPancakes<br>with Syrup Burst3031Build Your Own<br>ParfaitPancakes<br>Pancakes31Build Your Own<br>ParfaitBuild Your Own<br>ParfaitPancakes<br>Pancakes3031Build Your Own<br>ParfaitPancakes<br>Pancakes | Build Your Own<br>ParfaitBuild Your Own<br>ParfaitNO SCHOOLYogurt and MuffinCinni Rush French ToastNO SCHOOL91011NO SCHOOLNO SCHOOLNO SCHOOLNO SCHOOLNO SCHOOLNO SCHOOL161718Build Your Own<br>ParfaitBuild Your Own<br>ParfaitBuild Your Own<br>Parfait232425Build Your Own<br>Bagel BarBuild Your Own<br>Bagel BarBuild Your Own<br>Bagel Bar3031Cinni Rush French ToastBuild Your Own<br>ParfaitParcakes<br>with Syrup BurstCinni Rush French Toast3031Parfait<br>ParfaitParfait<br>ParfaitBuild Your Own<br>ParfaitParfait<br>ParfaitCinni Rush French Toast3031Parfait<br>ParfaitParfait<br>ParfaitBuild Your Own<br>ParfaitParfait<br>Parfait<br>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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