

PS7 Middle School Menu

October 2019

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ST+HOPE
PUBLIC SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Bagel with cream cheese Fresh Fruit	Muffin & Yogurt Fresh Fruit		
	Loaded Tots	Pizza day!	<i>No School</i>	<i>No School</i>
7	8	9	10	11
<i>No School</i>	<i>FALL</i>	<i>No School</i>	<i>BREAK</i>	<i>No School</i>
14	15	16	17	18
	Cinnamon Rush French Toast Fresh Fruit	Breakfast Burrito Fresh Fruit	Biscuit Egg Fresh Fruit	Muffin Yogurt Fresh Fruit
<i>No School</i>	Chicken Sandwich Green Beans	Corndog Baked fries	Shredded Cheddar Nachos Side Salad	Pepperoni Pizza Salad Bar
21	22	23	24	25
Bagel Cream cheese	Pancake & Sausage on a stick	Sausage Biscuit Fresh Fruit	Cinnamon Rush French Toast	Maple Burst Pancake Fresh Fruit
Macaroni and Cheese Carrot and Celery Sticks	Beef Burrito Mexican Style Beans	Turkey & Cheese Sandwich Pretzels	Chicken Strips Roasted Corn	Pepperoni Pizza Salad Bar
28	29	30	31	
Muffin Yogurt	Breakfast Pizza	Bagel Cream cheese	Breakfast Burrito	<p>Choose MyPlate.gov</p>
Teriyaki Chicken Sesame Brown Rice	Cheese Burger Baked Fries	Cheese Quesadilla Side Salad	Mini Corndogs Carrot Sticks	

		<p>Some menu items may change due to availability of products. Low-fat milk is served with every breakfast and lunch</p> <p>Questions, concerns or feedback: Please call Director of Dining Services Cathy Renner at 916-649-7844</p>
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