

## PS 7 Middle School JANUARY 2020



#### **Comfort Foods (Line B)**

		8	9	10
		TERIYAKI	BURGER	PIZZA
		CHICKEN	MAC	DAY!!
		BOWL		
13	14	15	16	17
BURGER MAC	BURRITO	NACHOS	BUFFALO	PIZZA
W/ VEGETABLES	W/ RICE & BEANS		CHICKEN SALAD	DAY!
20	21	22	23	24
NO	CHICKEN TENDER	POPCORN CHICKEN	BAKED POTATO	PIZZA
SCHOOL	BASKET	BOWL	BAR	DAY
GONOGE	BAGKET	BOWL	DAIX	DAT
27	28	29	30	31
BACON	BBQ Chicken	NACHOS	BUFFALO	PIZZA
CH. BURGER	Corn on The Cob		CHICKEN	DAY!!
W/ F.F.	Biscuit		SALAD	D/(III
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#### **Grill Options (Line A)**

	Monday	Tuesday	Wednesday	Thursday	Friday
	Classic Cheese Burger	Chicken Sandwich	Cheese	BBQ Rib Sandwich	Hot & Spicy Chicken
	Daily Side	Daily Side	Burger	Daily Side	Daily Side
ı	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
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Low-fat milk is served with every breakfast and lunch. Some other menu items may change due to availability of products. Questions, concerns or feedback: Please call Director of Dining Services Cathy Renner at 916.649.7844. 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

Crispy 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 Asian Chicken Salad

Tuesday Chopped Chicken Salad

Wednesday Asian Chicken Salad

Thursday Chopped Chicken Salad

Friday Asian Chicken Salad

Asian Onlocken Salad

#### Mobile Cart (Line D)

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



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### **Breakfast**

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		Build your own	Build your Own	Build your own	
		Oatmeal Bar	Oatmeal Bar	Oatmeal Bar.	
		Benefit Bar	Bagel & Jelly	Breakfast Pizza	
13	14	15	16	i	1
Build Your Own	Build Your Own	Build Your Own	Build Your Own	Build Your Own	
Oatmeal Bar	Oatmeal Bar	Oatmeal bar	Oatmeal Bar	Opatmeal Bar	
Egg Scramble	Chocolate Muffin	Sausage & Cheese	Mini Strawberry	Chocolate Banana	
		Biscuit	Panacakes	Benefit Bar	
20	21	22	23		2
NO	Build Your Own	Build Your Own	Build Your Own	Build Your Own	
SCHOOL	Oatmeal Bar	Oatmeal Bar	Oatmeal Bar	Oatmeal Bar	
	Cheese Omelet	Sausage & Cheese Bagel	Yogurt and Muffin	Breakfast Pizza	
27	28	29	30		3
Build Your Own	Build Your Own	Build Your Own	Build your own	Build your own	
Bagel Bar	Bagel Bar	Bagel Bar	Oatmeal Bar	Oatmeal Bar	
Sausage Biscuit	Cheese Omelet	Pancakes with Syrup Burst	Breakfast Burrito	Potatoes & Eggs	
	Choose My Plate				

St. HOPE Public Schools is participating in the Community Eligibility Provision for its meals program during the 2019-20 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. **USDA and this institution are equal opportunity providers.**