

MIDDLE SCHOOL MENU

DECEMBER 2019



POWER UP BREAKFAST

Daily Breakfast Specials

- Monday** English Muffin Breakfast Sandwich
- Tuesday** Ham & Cheese Eggs with Triangle Potatoes
- Wednesday** Pancake Combo
- Thursday** Breakfast Burrito
- Friday** Cheesy Egg Bake and Hash brown Rounds

Everyday Breakfast

Fill up! Unlimited offering bar with Hard-boiled Eggs, Yogurt Parfaits, Cheese & Fruit. **Also available daily:** Scones, Breakfast Rounds or Muffins, Bagels, Hot & Cold Cereals, and Milk (1% & nonfat)

REFUEL WITH LUNCH

IT'S EASY!

1. Choose an entrée: Featured Hot, Salad or Sandwich
2. Fill up on unlimited fruits & veggies at the Offering Bar
3. Quench your thirst with water or milk (1% & nonfat options)

Daily Sandwich & Salad Specials (Lunch)

- Monday** Bagel (veggie or meat), Chef Salad
- Tuesday** Sub Sandwich (veggie or meat), Caesar Salad
- Wednesday** Naan Dippers (tuna, hummus, egg salad), Taco Salad
- Thursday** Super Sub (turkey, ham or veggie), Chef Salad
- Friday** Bagel Sandwich (turkey, ham or veggie), Caesar Salad

Menu subject to change. Menu & Nutrition Info: family.titank12.com

FEATURED ENTREES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dec 2-6		<ul style="list-style-type: none"> ▪Chicken Fajita Bar ▪Spanish Rice and Refried Beans ▪Beef, Chicken, Spicy Chicken, Black Bean or Vegan Burger 	<ul style="list-style-type: none"> ▪Bowtie Alfredo with Chicken or Tempeh and Broccoli, roll ▪Pepperoni or Cheese Pizza 	<ul style="list-style-type: none"> ▪Italian oven roasted Chicken or Tempeh with Parmesan Polenta ▪Butternut Squash ▪Beef, Chicken, Spicy Chicken, Black Bean or Vegan Burgers 	<ul style="list-style-type: none"> ▪100% Beef, Vegan, or Black Bean Burger ▪Cauliflower Tots ▪Pepperoni or Cheese Pizza
Dec 9-13	<ul style="list-style-type: none"> ▪Orange Popcorn ▪Chicken or Tofu with Brown Basmati Rice ▪Sesame Green Beans ▪Pepperoni or Cheese Pizza 	<ul style="list-style-type: none"> ▪Taco/Nacho Bar with Pico de Gallo ▪Beef, Chicken, Spicy Chicken, Black Bean or Vegan Burgers 	<ul style="list-style-type: none"> ▪House-made Sloppy Joes with Beef or Tempeh ▪Sweet Potato Fries ▪Pepperoni or Cheese Pizza 	<ul style="list-style-type: none"> ▪Beefy Macaroni & Cheese Bake ▪Parmesan Peas ▪Beef, Chicken, Spicy Chicken, Black Bean or Vegan Burgers 	<ul style="list-style-type: none"> ▪Dough Dogs or Veggie Dough Dogs with Baked Beans ▪Broccoli Cheese Soup & Reality Kitchen Pretzel Twist
Dec 16-20	<ul style="list-style-type: none"> ▪Chicken or Tofu & Stir-Fried Rice ▪Steamed Edamame ▪Pepperoni or Cheese Pizza 	<ul style="list-style-type: none"> ▪Chicken or Cheese Tamales, Spanish Rice & refried beans ▪Beef, Chicken, Spicy Chicken, Black Bean or Vegan Burgers 	<ul style="list-style-type: none"> ▪Turkey Gravy over Mashed Potatoes with Corn, Cranberries & Roll ▪Beef, Chicken, Spicy Chicken, Black Bean or Vegan Burgers 	<ul style="list-style-type: none"> ▪Scratch Chili with Beef or Black Beans & Tortilla Chips ▪Sweet Potatoes ▪Pepperoni or Cheese Pizza 	<ul style="list-style-type: none"> ▪Chicken Tenders ▪Tater Tots ▪Pepperoni or Cheese Pizza
Nov 18-22	Winter Break – No School				
Nov 25-29	Winter Break – No School				

(v) Vegetarian option available

MEAL PRICES Pay online at: mymealtime.com

Breakfast \$1.75 Students | \$4.00 Adults | \$0 Free/Reduced

Lunch \$3.25 Students | \$5.00 Adults | \$0 Free/Reduced

Free Meals ATA, Fox Hollow & Kelly (All Meals), Madison (Free Breakfast)

QUESTIONS?

Call (541) 790-7656 or visit www.4j.lane.edu/nutrition

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