

# HIGH/MIDDLE SCHOOL MENU

# WEST MARSHALL

AUGUST 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
West Marshall CSD does not discriminate on the basis of race, creed, color, sex, sexual orientation, gender identity, national origin, disability, age or religion in its programs and employment.				
7	8	9	10	11
14	15	17	18	
21	22	23	24	25
		<b>MACARONI &amp; CHEESE</b>	<b>DELI SUB</b>	<b>PIZZA CHOICES</b>
		<b>CORN DOG</b>	<b>FISH SANDWICH</b>	
		Peas Baby Carrots Pears Juice Slushie <i>B-Frosted Donut</i>	Baked Beans Lettuce/Tomato/Pickle/Onion Apple Wedges w/Dip <i>B-Omelet &amp; Toast</i>	Dark Green Lettuce Salad Green Beans Peaches Vanilla Pudding <i>B-Breakfast Sandwich</i>
28	29	30	31	
<b>MANDARIN CHICKEN w/RICE</b>	<b>CHEESEBURGER</b>	<b>BEEF NACHOS</b>	<b>HAM &amp; CHEESE OMELET</b>	
<b>BEAN &amp; CHEESE BURRITO</b>	<b>TURKEY FRITTER</b>	<b>DELI SUB</b>	<b>PBJ</b>	
Steamed Broccoli Cole Slaw Bread & Butter Sand Pineapple Fortune Cookie <i>B-Biscuit &amp; Gravy</i>	Sweet Potato Fries Cucumber Slices Watermelon <i>B-Pancake &amp; Sausage</i>	Refried Beans Lettuce/Cheese/Salsa Peaches Cinnamon Puff <i>B-Cinnamon Roll</i>	Hash Brown Celery w/Sunbutter or PB Blueberries Crumb Cake <i>B-Breakfast Pizza</i>	
	Every day for breakfast we have Cereal Choices w/Toast or the special for the day. All Breakfasts and Lunches must include at least 1 serving of Fruit or Vegetable to be a reimbursable meal. Lunches include the fruit and vegetable bar with the meal Students are encouraged to select 5 components: Fruit, Vegetable, Grain, Meat & Milk. However, students are only required to select 3 of the components. One must be 1/2 cup fruit or vegetable.			
	<b>Menu is subject to change.</b>			
Breakfast \$1.60 Adult Breakfast \$1.90	Lunch PreK-5th \$2.35	Lunch 6th-8th \$2.45	Lunch 9th-12th \$2.50	Adult or Guest Lunch \$3.75

**WELCOME BACK FROM SUMMER BREAK**