

# Miamisburg High School Cycle Breakfast Menu August - December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Cold Cereal Yogurt Fruit / Juice Milk	Pancake & Sausage On A Stick Fruit / Juice Milk	Cold Cereal Yogurt Fruit / Juice Milk	Powdered Mini Donuts Fruit / Juice Milk	Cold Cereal Yogurt Fruit / Juice Milk
Banana Muffin Yogurt Fruit / Juice Milk	Cold Cereal Yogurt Fruit / Juice Milk	Banana Chocolate Breakfast Bar Fruit / Juice Milk	Sausage & Biscuit Sandwich Fruit / Juice Milk	Cold Cereal Yogurt Fruit / Juice Milk
Cold Cereal Yogurt Fruit / Juice Milk	Mini Chocolate Donuts Fruit / Juice Milk	Cold Cereal Yogurt Fruit / Juice Milk	Pancake & Sausage On A Stick Fruit / Juice Milk	Apple Cinnamon Breakfast Bar Fruit / Juice Milk
Super Bun Yogurt Fruit / Juice Milk	Powdered Mini Donuts Fruit / Juice Milk	Cold Cereal Yogurt Fruit / Juice Milk	Sausage & Biscuit Sandwich Fruit / Juice Milk	Chocolate Breakfast Bar Yogurt Fruit / Juice Milk
Cold Cereal Yogurt Fruit / Juice Milk	Peanut Butter & Jelly Sandwich Fruit / Juice Milk	Cold Cereal Yogurt Fruit / Juice Milk	Pancake & Sausage On A Stick Fruit / Juice Milk	Chocolate Muffin Yogurt Fruit / Juice Milk

AUGUST					SEPTEMBER					OCTOBER				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
	1	2	3	4					1	2	3	4	5	6
7	8	9	10	11	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	18	19	20	21	22	23	24	25	26	27
28	29	30	31		25	26	27	28	29	30	31			

  

NOVEMBER					DECEMBER				
M	T	W	T	F	M	T	W	T	F
		1	2	3					1
6	7	8	9	10	4	5	6	7	8
13	14	15	16	17	11	12	13	14	15
20	21	22	23	24	18	19	20	21	22
27	28	29	30		25	26	27	28	29

Late Arrival Days  
No Breakfast Served  
September 13th  
October - 25th

**Breakfast Prices**  
Reduced Students Eat Breakfast Free  
Breakfast - \$1.60

**Offered Daily Breakfast Choices**  
Cold Cereal / Yogurt

**Breakfast Meal Pattern Components**  
Fruit / Juice / Vegetable - Vegetable Juice  
1 cup or 2 - 1/2 cup offered daily  
Grain / Bread - 2 serving offered daily  
May substitute 1oz. eq. Meat/Meat Alternates for 1 oz eq. Grain/Bread  
A variety of lowfat / fat free milk offered daily

**Daily Amount Based On The Average For A 5-Day Week**

Min - Max Calories - 450 -600  
Saturated Fat - <10  
Sodium -640

Menu subject to change  
USDA is an equal opportunity provider and employer

# Miamisburg High School Cycle Lunch Menu / August - December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Cheeseburger on Bun Lettuce & Tomato Sweet Corn Carrot Sticks With Ranch Dip Fruit	Italian Spiral Bake Texas Toast Tossed Salad Grape Tomatoes Fruit	Chicken Filet On Bun Lettuce & Tomato Potato Wedges Steamed Broccoli Fruit	Beef Taco Meat Tortilla Shells Shredded Lettuce & Cheese Refried Beans/Sour Cream Diced Tomatoes Fruit	Pizza Wedge Tossed Salad Grape Tomatoes Fruit
Spicy Chicken On Bun Lettuce & Tomato Steamed Carrots Tossed Salad Fruit	Pizza Tossed Salad Grape Tomatoes Fruit	Cheeseburger On Bun Lettuce & Tomato Curly Fries Celery Sticks Fruit	Chicken Tenders Dinner Roll Mashed Potatoes/Gravy Green Beans Fruit	Beef Taco Meat Cheese Sauce Nacho Chips Refried Beans Steamed Broccoli Fruit
Pepperoni Pizza Calzone Tossed Salad Grape Tomatoes Fruit	Beef Rib A Q On Bun Baked Potato Steamed Broccoli & Cauliflower Fruit	Chicken Filet on Bun Lettuce & Tomatoes Sweet Potato Puffs Green Beans Fruit	Cheeseburger On Bun Lettuce & Cheese Sweet Corn Celery Sticks Ranch Cup Fruit	French Toast Syrup Sausage links Hash Brown Potatoes Fruit Juice
Beef Taco Meat Tortilla Shells Shredded Lettuce & Cheese Refried Bean/Sour Cream Diced Tomatoes Fruit	Cheeseburger On Bun Lettuce & Tomato Potato Wedges Celery Sticks Fruit	Stuffed Crust Pizza Wedge Tossed Salad Grape Tomatoes Teddy Grahams Fruit	Chicken Nuggets Dinner Roll Mashed Potatoes / Gravy Sweet Corn Fruit	Italian Spiral Bake Texas Toast Steamed Broccoli Fruit
Chicken Filet On Bun Lettuce & Tomato Sweet Corn Carrot Sticks / Ranch Dip Fruit	Shredded Pork BBQ OnBun Waffle Fries Celery Sticks Fruit	Beef Taco Meat Tortilla Chips Cheese Sauce Refried Beans Steamed Broccoli Fruit	Chicken Stir Fry Fried Rice Peas & Carrots Vegetable Egg Roll Fortune Cookie Fruit	Pizza Wedge Tossed Salad Grape Tomatoes Fruit

AUGUST					SEPTEMBER					OCTOBER				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
	1	2	3	4					1	2	3	4	5	6
7	8	9	10	11	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	18	19	20	21	22	23	24	25	26	27
28	29	30	31		25	26	27	28	29	30	31			

NOVEMBER					DECEMBER					Lunch Prices	
M	T	W	T	F	M	T	W	T	F	Reduced Lunch - \$ .40	Option # 1 Lunch \$ 2.90
		1	2	3					1	Option # 2 Lunch - \$ 3.35	
6	7	8	9	10	4	5	6	7	8		
13	14	15	16	17	11	12	13	14	15		
20	21	22	23	24	18	19	20	21	22		
27	28	29	30		25	26	27	28	29		
** November 16th Thanksgiving Lunch					** December 14th Holiday Lunch						

**\*\* Daily Lunch Choices\*\***

\* Menu/Choices subject to change \*

- Chicken or Tuna Salad Plate
- Vegetarian Plate - Turkey or Ham Deli Sandwiches
- Peanut Butter or Peanut Butter & Jelly Sandwiches
- Chicken Filet On Bun / Chef Salad
- Hamburger On Bun - Cheeseburger On Bun

Small salads and carrot sticks with ranch dip offered daily.

A variety of fresh and canned fruits are offered daily.

**\*\*Lunch Meal Pattern Components\*\***

- Fruit - 1 cup or 2 - 1/2 cups offered daily.
- A variety of vegetables are offered daily-1 cup or 2 -1/2 cups
- Grains/Bread - 2 servings offered daily
- Meat/Meat Alternate -2 oz. offered daily

A variety of lowfat/ fat free milk options are included with a plate lunch.

You must take at least 1/2 cup of fruit or vegetables to meet a complete lunch

The following vegetables must be offered weekly:

- 1/2 cup - dark green vegetables, 1/2 cup beans/peas(legumes)
- 1 1/4 cups red,orange vegetables
- 1/2 cup starchy vegetables, + 1 1/2 cup of additional vegetables weekly

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