

Miamisburg Middle 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 Sandwich Fruit / Juice Milk | Apple Cinnamon Breakfast Bar Fruit / Juice Milk |
| | | | | |
| Cold Cereal 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 Graham 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 | | | | | Late Arrival Days No Breakfast Served September - 13th October - 25th | | | | |
| 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 | | | | | |

Breakfast Prices

Reduced Students Eat Breakfast Free
Breakfast - \$1.50

Choices Offered Daily

Cold Cereal / Yogurt

Breakfast Meal Pattern Components

Fruit / Juice / Vegetable- Vegetable Juice -
1 cup or 2 - 1/2 cups offered daily
Grain / Bread - 2 servings offered daily

May substitute 1 oz. eq. of meat/meat alternate for 1 oz. eq. grain/bread
A variety of lowfat / fat free milk offered daily

Daily Amount Based On Average for 5 -day week

Min-max calories - 400 - 550
Saturated Fat - < 10 grams
Sodium - 600 grams

Menu subject to change

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Miamisburg Middle School Lunch Menu Cycle August - December 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| | | | | |
| Cheeseburger on Bun Lettuce & Tomato Sweet Corn Carrot Sticks Fruit | Italian Spiral Bake Texas Toast Green Beans Fruit | Chicken Filet On Bun Lettuce & Tomato Potato Wedges Steamed Broccoli Fruit | Beef Taco Meat Tortilla Shells Shredded Lettuce & Cheese Refried Bean Diced Tomatoes Fruit | Pizza Wedge Tossed Salad Grape Tomatoes Fruit |
| | | | | |
| Spicy Chicken On Bun Lettuce & Tomato Steamed Carrots Fruit | BBQ Pork On Bun Curly Fries Celery Sticks Fruit | Pizza Tossed Salad Grape Tomatoes Fruit | Chicken Tenders Dinner Roll Mashed Potatoes/Gravy Green Beans Fruit | Beef Taco Meat Cheese Sauce Nacho Chips Refried Beans Steamed Broccoli Fruit |
| | | | | |
| Beef Rib A Q On Bun Baked Potato Steamed Broccoli & Cauliflower Fruit | Cheese Pizza Tossed Salad Grape Tomatoes Fruit | Chicken Filet on Bun Lettuce & Tomatoes Sweet Potato Puffs Green Beans Fruit | Mini Corn Dogs Baked Beans Celery Sticks Fruit | French Toast Syrup Sausage Links Hash Brown Potatoes Fruit Juice |
| | | | | |
| Beef Taco Meat Tortilla Chips Refried Beans Shredded Lettuce & Cheese Fruit | Cheeseburger On Bun Lettuce & Tomato Seasoned Potato Wedges Carrot Sticks Fruit | Stuffed Crust Pizza Wedge Tossed Salad Grape Tomatoes Fruit | Chicken Nuggets Dinner Roll Mashed Potatoes / Gravy Sweet Corn Fruit | Italian Spiral bake Texas Toast Green Beans Fruit |
| | | | | |
| Chicken Tenders BBQ Sauce Dinner Roll Sweet Corn Carrot Sticks/Ranch Dip Fruit | Hot Dog On Bun 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 | 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 |
| ** November 16th** Thanksgiving Lunch | | | | | ** December 14th** Holiday Lunch | | | | |

** October 31st**
Halloween Lunch

Lunch Prices
Reduced Lunch - \$.40
Lunch \$ 2.60

**** 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

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 - 1/2 cup offered daily

A variety of vegetables are offered daily-1/2 cup

Grains/Bread 1 1/2 to 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 1/2 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)

3/4 cup red,orange vegetables

1/2 cup starchy vegetables + 1 cup of additional vegetables weekly

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