



# Cyclone Middle School Menu

Peanut Butter and Jelly is available everyday as an entree choice

**BREAKFAST is offered daily and includes assorted cereal, juice, milk and entree listed**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>WELCOME BACK!!!</b></p>	<p>Breakfast: Cinni Mini</p> <p><b>Pizza</b></p> <p>or Turkey Sub or Chef Salad Garden Salad with Fresh Vegetables</p> <p>Diced Peaches</p> <p>5</p>	<p>Breakfast: Fruit Smoothie</p> <p><b>Chicken Parmesan with Spaghetti</b></p> <p>or Ham Sub or Strawberry Parfait</p> <p>Green Beans Garlic Breadstick Fruit Cocktail</p> <p>6</p>
<p>Breakfast: Cinni Mini</p> <p><b>Spicy Chicken Patty on Roll</b></p> <p>or Turkey Sub or Strawberry Parfait</p> <p>Baked Beans Seasoned Waffle Fries Applesauce</p> <p>9</p>	<p>Breakfast: Egg, Sausage and Cheese on English Muffin</p> <p><b>Cheese Ravioli with Sauce</b></p> <p>or Tuna Sub or Chef Salad</p> <p>Maple Glazed Carrots Garlic Knot Diced Pears</p> <p>10</p>	<p>Breakfast: Mini Waffle</p> <p><b>Asian Chicken and Rice</b></p> <p>or Ham Sub or Blueberry Parfait</p> <p>Broccoli Veggie Cruncher Cup Apple</p> <p>11</p>	<p>Breakfast: Ham and Cheese on Muffin</p> <p><b>Dominos Pizza</b></p> <p>or Turkey Sub or Chef Salad Garden Salad with Fresh Vegetables</p> <p>Diced Peaches</p> <p>12</p>	<p>Breakfast: Fruit Smoothie</p> <p><b>Cyclone Sampler- Pizza Log, Chicken Tenders</b></p> <p>or Ham Sub or Strawberry Parfait</p> <p>Tater Tots/ Mixed Vegetables Garlic Breadsticks Orange Slices</p> <p>13</p>
<p>Breakfast: Cinni Mini</p> <p><b>Chicken Quesadilla</b></p> <p>or Turkey Sub or Strawberry Parfait</p> <p>Mexican Bean Salad Green Beans Fruit Cup</p> <p>16</p>	<p>Breakfast: Egg, Sausage and Cheese on English Muffin</p> <p><b>Breaded Pork Steak</b></p> <p>or Tuna Sub or Chef Salad</p> <p>Mashed Potato with Gravy Pears Mixed Vegetables</p> <p>17</p>	<p>Breakfast: Breakfast Pizza</p> <p><b>Spaghetti with Meatballs</b></p> <p>or Ham Sub or Blueberry Parfait</p> <p>Green Beans Garlic Breadstick Apple Veggie Cruncher Cup</p> <p>18</p>	<p>Breakfast: WG Donut</p> <p><b>Pizza</b></p> <p>or Turkey Sub or Chef Salad Garden Salad with Fresh Vegetables</p> <p>Diced Peaches</p> <p>19</p>	<p>Breakfast: Fruit Smoothie</p> <p><b>Chicken Patty on Roll</b></p> <p>or Ham Sub or Strawberry Parfait</p> <p>Veggie Cruncher Cup Sweet Potato Fry Fruit Cocktail</p> <p>20</p>
<p>Breakfast: Cinni Mini</p> <p><b>Bosco Sticks</b></p> <p>or Turkey Sub or Strawberry Parfait</p> <p>3 Bean Salad Frozen Sidekick Applesauce Marinara Dipping Sauce</p> <p>23</p>	<p>Breakfast: Egg, Sausage and Cheese on English Muffin</p> <p><b>Chicken Nuggets</b></p> <p>or Tuna Sub or Chef Salad</p> <p>Mashed Potato with Gravy Squash Diced Pears Dinner Roll</p> <p>24</p>	<p>Breakfast: Mini French Toast</p> <p><b>Tacos with Nacho Chips or Soft Shell</b></p> <p>or Ham Sub or Blueberry Parfait</p> <p>Refried Beans Lettuce and Cheese Cup Apple Corn Bread Muffin</p> <p>25</p>	<p>Breakfast: Ham and Cheese on Muffin</p> <p><b>Individual Pan Pizza</b></p> <p>or Turkey Sub or Chef Salad Garden Salad with Fresh Vegetables</p> <p>Diced Peaches</p> <p>26</p>	<p>Breakfast: Fruit Smoothie</p> <p><b>Orange Sesame Chicken on Rice</b></p> <p>or Ham Sub or Strawberry Parfait</p> <p>Fresh Veggie Cup Carrots Orange Slices</p> <p>27</p>
<p>Breakfast: Cinni Mini</p> <p><b>Cheeseburger on a Roll</b></p> <p>or Turkey Sub or Strawberry Parfait</p> <p>Baked Beans French Fries Onion Rings Fruit Cup</p> <p>30</p>				

USDA IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER Milk available daily: Fat free, 1% and Fat free chocolate Menu subject to change without notice

Please be advised if your child/children have food allergies, foods served may contain ingredients your child is allergic to. For more specific information, please contact the School Nutrition Program Director.

How to Make a Meal:

**FOR BREAKFAST, we offer three menu components—milk, fruit, and grains.**

Students may choose up to four menu items to count as a reimbursable meal. One of these items must be a fruit in the portion size offered.

**FOR LUNCH, students may choose from the following 5 components for the meal to be considered reimbursable:**

Entree, Grain, Fruit, Vegetable, and Milk

Students may select 3, 4, or 5 items. One item must be a fruit or vegetable in the portion size offered.

