

# Swan Valley Middle School Breakfast & Lunch Menu



Full price for breakfast is \$1.60. Offered with breakfast: milk, fruit juice and fresh fruit. Full price for lunch is \$1.95. Offered daily with lunch: baby carrots, choice of canned & fresh fruit and choice of 1% white or 1% chocolate milk. Milk sold as a la carte is .60. Free and Reduced price meals available to qualified families. USDA is an equal opportunity provider and employer.

## 3 Week Breakfast and Lunch Cycle

September – November 2019

Week 1

Week 2

Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG Pancake and Sausage on a Stick* (18/2)	WG Turkey Bacon, Egg & Cheese Breakfast Pizza (25/2)	Sausage (0), Egg (1) & Cheese (1) on WG Bagel (28/4)	WG Turkey Sausage Breakfast Pizza (27/3)	WG Cinnamon Pancakes (35/2) with Turkey Sausage (0)
WG Chicken Parmesan (16/3) with WG Penne Pasta & Sauce (19/2) WG Garlic Bread Stick (28/3) OR Little Caesar's Pepperoni* or Cheese Pizza (30/3) Garden Salad (3/2) w/Dressing (8)	Beef (5/2) & Cheese (3) Nachos w/WG Corn Tortilla Chips (21/2) Assorted Toppings & Salsa (4) OR WG Chicken Patty (16/3) on WG Bun (29/2), Fiesta Taco Beans (20/4) or Oven Fries (16/1)	WG Tyson Chicken Nuggets (20/3) Whipped Potatoes (23/1)/Gravy (10) WG Dinner Roll (24/5) OR Little Caesar's Pepperoni* or Cheese Pizza (30/3) Garden Salad (3/2) w/Dressing (8)	WG Apple Cinnamon Toast w/Syrup 2 Turkey Sausage Patties (0) OR WG Chicken Patty (16/3) on WG Bun (29/2) Tri Tators (13/1) or Sliced Cucumbers (2) w/Dip (8)	Crazy Cheesy Bread (30/2) with Marinara Dipping Sauce (4) OR Little Caesar's Pepperoni* or Cheese Pizza (30/3) Steamed Broccoli (3/1)
WG Pancake and Sausage on a Stick* (18/2)	WG Turkey Bacon, Egg & Cheese Breakfast Pizza (25/2)	Sausage (0), Egg (1) & Cheese (1) on WG Bagel (29/4)	WG Turkey Sausage Breakfast Pizza (27/3)	WG Cinnamon Pancakes (35/2) with Turkey Sausage (0)
Creamy Chicken Alfredo (10) over WG Twisted Pasta (40/4) WG Bosco Bread Stick (17/2) OR Little Caesar's Pepperoni* or Cheese Pizza (30/3) Garden Salad (3/2) w/Dressing (8)	WG Taco Max Snacks ((40/7) w/Sassy Salsa (4) OR WG Chicken Patty (16/3) on WG Bun (29/2) Refried Beans (16/1) w/ Cheese (1) or Oven Fries (16/1)	Turkey & Gravy (3) Mashed Potatoes (22/1) WG Dinner Roll (24/5) OR Little Caesar's Pepperoni* or Cheese Pizza (30/3) Garden Salad (3/2) w/Dressing (8)	Chili (3) Cheese (1) Dog (1) on WG Bun (18/2) OR WG Chicken Patty (16/3) on WG Bun (29/2) Oven Fries (16/1) or Celery Sticks (2/1) w/Dip (8)	WG Toasted Cheese (2) Sandwich (34/4) Tomato Soup (15) w/Cheddar Goldfish Crackers (14/1) OR Little Caesar's Pepperoni* or Cheese Pizza (30/3), Green Beans (5/2)
WG Pancake and Sausage on a Stick* (18/2)	WG Turkey Bacon, Egg & Cheese Breakfast Pizza (25/2)	Sausage (0), Egg (1) & Cheese (1) on WG Bagel (29/4)	WG Turkey Sausage Breakfast Pizza (27/3)	WG Cinnamon Pancakes (35/2) with Turkey Sausage (0)
Spaghetti (40/4) w/Meat Sauce (9/2) WG Garlic Bread Stick (28/3) OR Little Caesar's Pepperoni* or Cheese Pizza (30/3) Garden Salad (3/2) w/Dressing (8)	WG Tangerine Chicken over Brown Rice OR WG Chicken Patty (16/3) on WG Bun (29/2) Asian Blend Vegetables (3/1) or Oven Fries (16/1)	WG Tyson Chicken Tenders (21/4) Whipped Potatoes (23/1)/Gravy (10) WG Dinner Roll (24/5) OR Little Caesar's Pepperoni* or Cheese Pizza (30/3) Garden Salad (3/2) w/Dressing (8)	WG Mini Turkey Corn Dogs (33/3) OR WG Chicken Patty (16/3) on WG Bun (29/2) Vegetarian Baked Beans (26/6) or Oven Fries (16/1)	WG Bosco Bread Sticks (34/2) With Marinara Dipping Sauce (4) OR Little Caesar's Pepperoni* or Cheese Pizza (30/3) Golden Corn (16/1)

\*Item May Contain Pork

Week 1 Meal Plan

Week 2 Meal Plan

Week 3 Meal Plan

Menu Subject to Change Without Notice.

## September 2019

Mo	Tue	We	Thu	Fri
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

## October 2019

Mo	Tue	We	Thu	Fri
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

## November 2019

Mo	Tue	We	Thu	Fri
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

### Notes:

9/2/19: Labor Day-No School

10/7/19: Teacher In-Service Day-No School

11/27/19: Teacher In-Service Day-No School

11/28-11/29: Thanksgiving Holiday-No School