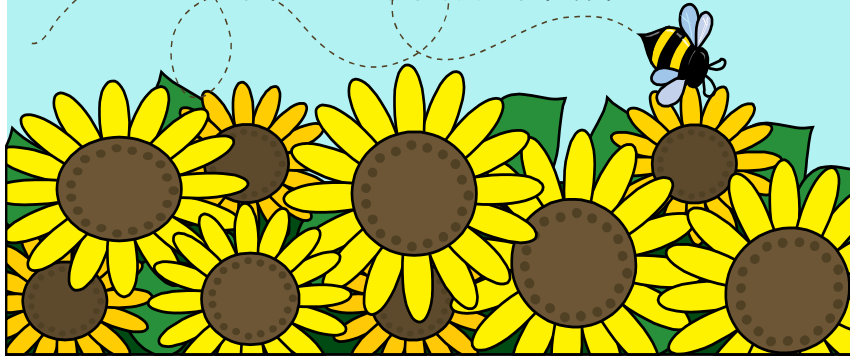


# September 2019

## Middle School Menu



### MEAL APPLICATIONS

A new application needs to be filled out each school year. One application per family.

Please turn in ASAP to get your child qualified.

Applications are available online or in any school office.

Questions: Call  
360-354-7579

### AVAILABLE DAILY GARDEN BAR

**Veggies offered may include:**

Broccoli, Cauliflower, Carrots, Cucumbers, Celery and Mixed Greens, Legumes  
Corn and Bean Salsa



**Fruit offered may include:**

Peaches, Pears, Apples, Oranges, Bananas, Applesauce, Strawberries, Blueberries  
Applesauce

### OTHER DAILY CHOICES

VARIETY WRAPS  
VARIETY SALADS  
YOGURT PARFAIT  
BAGEL LUNCH



### BREAKFAST CHOICES MAY INCLUDE:

Granola Bar, Breakfast Round, Breakfast Burrito, Breakfast Pizza, WG Cinnamon Roll, WG Maple Bar  
WG Cereals  
100% Juice/Fresh Fruit  
1% white milk  
Non fat Chocolate Milk

Thursday, August 29

**Chicken Nuggets**  
**Pizza Bar**  
**Deli Sandwich**  
**WG Chips**  
Fruit & Veggies Bar  
1% White Milk  
Non-Fat Chocolate Milk

Friday, August 30

**Burger Bar**  
**Pizza Bar**  
**Deli Sandwich**  
**WG Chips**  
Fruit & Veggies Bar  
1% White Milk  
Non-Fat Chocolate Milk

Tuesday, September 3

**Corn Dog**  
**Burger Bar**  
Fruit & Veggies Bar  
1% White Milk  
Non-Fat Chocolate Milk

Wed., September 4

**Fiesta Bar**  
**Pizza Bar**  
**Sub Sandwich Bar**  
Fruit & Veggies Bar  
1% White Milk  
Non-Fat Chocolate Milk

Thursday, September 5

**Spud Bowl**  
**Burger Bar**  
**Sub Sandwich Bar**  
Fruit & Veggies Bar  
1% White Milk  
Non-Fat Chocolate Milk

Friday, September 6

**Brunch Lunch**  
**Pizza Bar**  
**Sub Sandwich Bar**  
Fruit & Veggies Bar  
1% White Milk  
Non-Fat Chocolate Milk



**No School**

### PRICES

	Breakfast	Lunch
Full Paid	\$1.75	\$3.25
Reduced 4-5	No Charge	.40
Free	No Charge	No Charge

### Online Deposits

Questions?  
Call 360-354-7579

Monday, September 9

**Chicken Nuggets  
Pizza Bar  
Sub Sandwich Bar**  
Fruit & Veggies Bar  
1% White Milk  
Non-Fat Chocolate Milk

Tuesday, September 10

**Rice Bowls  
Burger Bar  
Sub Sandwich Bar**  
Fruit & Veggies Bar  
1% White Milk  
Non-Fat Chocolate Milk

Wed., September 11

**Fiesta Bar  
Pizza Bar  
Sub Sandwich Bar**  
Fruit & Veggies Bar  
1% White Milk  
Non-Fat Chocolate Milk

LATE ARRIVAL

Thursday, September 12

**Spud Bowl  
Burger Bar  
Sub Sandwich Bar**  
Fruit & Veggies Bar  
1% White Milk  
Non-Fat Chocolate Milk

Friday, September 13

**Hot Dog  
Pizza Bar  
Sub Sandwich Bar**  
Fruit & Veggies Bar  
1% White Milk  
Non-Fat Chocolate Milk

**AVAILABLE DAILY**

**VARIETY SALADS  
VARIETY WRAPS  
YOGURT PARFAIT  
BAGEL LUNCH  
PBJ LUNCH**

**GARDEN BAR WITH  
VARIETY FRESH VEGETABLES AND  
FRUIT**

**1% WHITE MILK  
NON-FAT CHOCOLATE MILK**

**SMILES FROM OUR AMAZING  
STAFF**



Monday, September 16

**Corn Dogs  
Pizza Bar  
Sub Sandwich Bar**  
Fruit & Veggies Bar  
1% White Milk  
Non-Fat Chocolate Milk

Tuesday, September 17

**Pasta Bar  
Burger Bar  
Sub Sandwich Bar**  
Fruit & Veggies Bar  
1% White Milk  
Non-Fat Chocolate Milk

Wed., September 18

**Fiesta Bar  
Pizza Bar  
Sub Sandwich Bar**  
Fruit & Veggies Bar  
1% White Milk  
Non-Fat Chocolate Milk

LATE ARRIVAL

Thursday, September 19

**Swiss Dip  
Burger Bar  
Sub Sandwich  
Bar**  
Fruit & Veggies Bar  
1% White Milk  
Non-Fat Chocolate Milk

**Harvest of the  
Month**

Friday, September 20

**Brunch Lunch  
Pizza Bar  
Sub Sandwich Bar**  
Fruit & Veggies Bar  
1% White Milk  
Non-Fat Chocolate Milk

Monday, September 23

**Chicken Nuggets  
Pizza Bar  
Sub Sandwich Bar**  
Fruit & Veggies Bar  
1% White Milk  
Non-Fat Chocolate Milk

Tuesday, September 24

**Rice Bowls  
Burger Bar  
Sub Sandwich Bar**  
Fruit & Veggies Bar  
1% White Milk  
Non-Fat Chocolate Milk

Wed., September 25

**Fiesta Bar  
Pizza Bar  
Sub Sandwich Bar**  
Fruit & Veggies Bar  
1% White Milk  
Non-Fat Chocolate Milk

LATE ARRIVAL

Wed., September 26

**Spud Bowl  
Burger Bar  
Sub Sandwich Bar**  
Fruit & Veggies Bar  
1% White Milk  
Non-Fat Chocolate Milk

Wed., September 27

**Hot Ham &  
Cheese Pretzel  
Bun  
Pizza Bar  
Sub Sandwich Bar**  
Fruit & Veggies Bar  
1% White Milk  
Non-Fat Chocolate Milk

Monday, September 30

**Corn Dogs  
Pizza Bar  
Sub Sandwich Bar**  
Fruit & Veggies Bar  
1% White Milk  
Non-Fat Chocolate Milk

**HARVEST OF  
MONTH  
SEPTEMBER  
19**



**TOMATOES**