

Menu: Ashland Middle School & John Muir School



August/September 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast: 1.50 <ul style="list-style-type: none"> Cold Whole Grain Cereal Every day Fruit Milk Lunch: 2.75 <ul style="list-style-type: none"> Endless salad bar 1% White Milk Fat Free Chocolate Milk Fresh made wraps and salads daily <p>All breads and buns are 100% whole grain</p> <p>All pasta is 51% Whole Wheat</p> <p>Unlimited Fruits and Veggies with every meal purchased!</p> <p>All Meals meet the Federal Healthy Hunger Free Act Guidelines</p>  <p>Choose MyPlate.gov</p> <p>This school is an equal opportunity provider</p>
27 Welcome to AM! Pancake Sausage wrap Zucchini Bread & cheese stick Sack Lunches available to purchase	28 Breakfast tornado Apple breadstick & cheese stick Chicken Burger w/ FF Rippers W/ Veggies Wraps and Sandwiches	29 Ham & cheese bagels Yogurt w/ granola Bean & cheese burrito w/corn Mashed potatoes & turkey gravy Wraps and Sandwiches	30 Fresh Muffins & cheese stick French Toast & sausage Pretzel w /cheese stick Nachos Wraps and Sandwiches	31 Cinnamon Roll & cheese stick Bagel w/ Cream Cheese Cheese stuffed bread stick Kung Pao chicken & rice Wraps and Sandwiches	
3  LABOR DAY NO SCHOOL	4 Egg, cheese & sausage burrito Zucchini Bread & cheese stick Rippers w/veggies Orange Chicken & rice Wraps and Sandwiches	5 Ham & cheese bagel Apple bread stick & cheese stick Salisbury Steak w/ Potatoes & Roll Chicken Tenders w/ veggies Wraps and Sandwiches	6 Fresh Muffin & cheese stick Scramble eggs, toast & tots Hotdogs & FF Beef burrito & veggies Wraps and Sandwiches	7 Cinnamon Roll & cheese stick Bagels & cream cheese Pizza Lasagna Rolls Wraps and Sandwiches	
10 Biscuits & gravy w/ sausage Fruit Pockets & cheese stick Soft Chicken Taco w/ beans Chicken Tenders & veggies Wraps and Sandwiches	11 Ham & cheese Bagel Fresh Made Muffin & cheese stick Burgers/ Garden Burgers w/FF General Tso's chicken w/ rice Wraps and Sandwiches	12 Pancakes & Sausage Yogurt w/ granola Roasted chicken, Potatoes & Roll Grilled cheese pockets w/ soup Wraps and Sandwiches	13 Breakfast burrito Apple stick & cheese stick Chicken burger & FF Pizza Wraps and Sandwiches	14 Cinnamon Roll & cheese stick Scramble eggs, toast & tots Corn Dogs & Tatar tots Nachos Wraps and Sandwiches	
17 Pancake Sausage wrap Zucchini Bread & cheese stick Burgers/ garden burgers w/ FF Pizza Wraps and Sandwiches	18 Breakfast tornado Apple breadstick & cheese stick Chicken Burger w/ FF Rippers W/ Veggies Wraps and Sandwiches	19 Ham & cheese bagels Yogurt w/ granola Bean & cheese burrito w/corn Mashed potatoes & turkey gravy Wraps and Sandwiches	20 Fresh Muffins & cheese stick French Toast & sausage Pretzel w /cheese stick Nachos Wraps and Sandwiches	21 Cinnamon Roll & cheese stick Bagel w/ Cream Cheese Cheese stuffed bread stick Kung Pao chicken & rice Wraps and Sandwiches	
24 Waffles & sausage Scramble eggs, toast & tots Burgers/ garden burgers w/ FF Pizza Wraps and Sandwiches	25 Egg, cheese & sausage burrito Zucchini Bread & cheese stick Rippers w/veggies Orange Chicken & rice Wraps and Sandwiches	26 Ham & cheese bagel Apple bread stick & cheese stick Salisbury Steak w/ Potatoes & Roll Chicken Tenders w/ veggies Wraps and Sandwiches	27 Fresh Muffin & cheese stick Scramble eggs, toast & tots Hotdogs & FF Beef burrito & veggies Wraps and Sandwiches	28 Cinnamon Roll & cheese stick Bagels & cream cheese Pizza Lasagna Rolls Wraps and Sandwiches	

