


# Ashland Middle/John Muir School Menu April 2018

<b>Monday</b> Chocolate Milk	<b>Tuesday</b>	<b>Wednesday</b> Chocolate Milk	<b>Thursday</b>	<b>Friday</b> Chocolate Milk	<p><b>Breakfast</b> includes Milk and fruit. Cold cereal is offered daily as a second option. \$1.50</p> <p><b>Lunch</b> Includes Bottomless Offering Bar and Milk. \$2.70</p> <p>Extra white milk may be purchased. \$.50</p>  <p><b>All you can eat</b> fruits and vegetables with every meal purchased!!</p> <p><i>Fresh, local options available, check in and see what's on the tray today!</i></p>
<p><b>2 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Pancake Sausage Wrap</li> <li>* Egg &amp; Cheese Scramble w/ Tots ◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Cheeseburger w/Fries</li> <li>* Pizza ◊</li> </ul>	<p><b>3 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Egg &amp; Sausage Burrito ◊</li> <li>* Zucchini Bread ◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Cheese Stuffed Sticks w/ Marinara ◊</li> <li>* Tangerine Chicken w/Rice</li> </ul>	<p><b>4 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Ham &amp; Cheese Bagel</li> <li>* Egg &amp; Cheese Scramble w/ Tots ◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Rippers w/ Veggies◊</li> <li>* Chicken Tenders w/ Veggies</li> </ul>	<p><b>5 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Fresh Made Muffin ◊®</li> <li>* Apple Breadstick ◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Hot Dogs w/ Fries</li> <li>* Pizza ◊</li> </ul>	<p><b>6 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Cinnamon Roll ◊®</li> <li>* Yogurt w/ Granola ◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Beef &amp; Bean Burrito w/ Corn</li> <li>* Cheese Lasagna Roll ◊</li> </ul>	
<p><b>9 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Biscuit &amp; Gravy w/Sausage</li> <li>* Fruit Pockets ◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Soft Taco w/Beans</li> <li>* Chicken Tenders ◊</li> </ul>	<p><b>10 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Ham &amp; Cheese Bagel</li> <li>* Poptart w/ Cheese stick ◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Cheeseburger w/Fries ◊</li> <li>* General Tso's Chicken w/ Rice</li> </ul>	<p><b>11 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Banana Muffin ◊</li> <li>* Yogurt w/ Graham Crackers ◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Salisbury w/ Potatoes &amp; Roll</li> <li>* Cheese Pocket &amp; Tomato Soup ◊</li> </ul>	<p><b>12 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Fresh Made Muffin◊®</li> <li>* Apple Breadstick ◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Chicken Burger w/ Fries</li> <li>* Pizza ◊</li> </ul>	<p><b>13 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Cinnamon Roll ◊®</li> <li>* Biscuit &amp; Gravy w/Sausage</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Corn Dog w/ Fries</li> <li>* Nachos ◊</li> </ul>	
<p><b>16 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Pancake Sausage Wrap</li> <li>* Poptart w/ Cheese stick ◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Cheeseburger w/Fries</li> <li>* Pizza ◊</li> </ul>	<p><b>17 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Breakfast Tornado</li> <li>* Apple Breadstick ◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Chicken Burger w/ Fries</li> <li>* Rippers W/Veggies ◊</li> </ul>	<p><b>18 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Ham &amp; Cheese Bagel</li> <li>* Yogurt w/ Graham Crackers ◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Bean &amp; Cheese Burrito w/Corn</li> <li>* Turkey Gravy w/ Potatoes &amp; Roll</li> </ul>	<p><b>19 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Fresh Made Muffin ◊®</li> <li>* French Toast ◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Pretzel &amp; Cheese ◊</li> <li>* Cheese Stuffed Sticks w/ Marinara ◊</li> </ul>	<p><b>20 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Cinnamon Roll ◊®</li> <li>* Yogurt w/ Granola ◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Kung Pao Chicken w/ Rice</li> <li>* Nachos ◊</li> </ul>	
<p><b>23 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Pancake Sausage Wrap</li> <li>* Egg &amp; Cheese Scramble w/ Tots ◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Cheeseburger w/Fries</li> <li>* Pizza ◊</li> </ul>	<p><b>24 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Egg &amp; Sausage Burrito ◊</li> <li>* Zucchini Bread ◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Cheese Stuffed Sticks w/ Marinara ◊</li> <li>* Tangerine Chicken w/Rice</li> </ul>	<p><b>25 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Ham &amp; Cheese Bagel</li> <li>* Egg &amp; Cheese Scramble w/ Tots ◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Rippers w/ Veggies◊</li> <li>* Chicken Tenders w/ Veggies</li> </ul>	<p><b>26 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Fresh Made Muffin ◊®</li> <li>* Apple Breadstick ◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Hot Dogs w/ Fries</li> <li>* Pizza ◊</li> </ul>	<p><b>27 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Cinnamon Roll ◊®</li> <li>* Yogurt w/ Granola ◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Beef &amp; Bean Burrito w/ Corn</li> <li>* Cheese Lasagna Roll ◊</li> </ul>	
<p><b>30 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Biscuit &amp; Gravy w/Sausage</li> <li>* Fruit Pockets ◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Soft Taco w/Beans</li> <li>* Chicken Tenders ◊</li> </ul>	<p><b>1 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Ham &amp; Cheese Bagel</li> <li>* Poptart w/ Cheese stick ◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Cheeseburger w/Fries ◊</li> <li>* General Tso's Chicken w/ Rice</li> </ul>	<p><b>2 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Banana Muffin ◊</li> <li>* Yogurt w/ Granola ◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Salisbury w/ Potatoes &amp; Roll</li> <li>* Cheese Pocket &amp; Tomato Soup ◊</li> </ul>	<p><b>3 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Fresh Made Muffin◊®</li> <li>* Apple Breadstick ◊</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Chicken Burger w/ Fries</li> <li>* Pizza ◊</li> </ul>	<p><b>4 Breakfast</b></p> <ul style="list-style-type: none"> <li>* Cinnamon Roll ◊®</li> <li>* Biscuit &amp; Gravy w/Sausage</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>* Corn Dog w/ Fries</li> <li>* Nachos ◊</li> </ul>	

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