




Ashland Middle/John Muir School Menu **May 2017**

Monday <i>Chocolate Milk</i>	Tuesday	Wednesday <i>Chocolate Milk</i>	Thursday	Friday <i>Chocolate Milk</i>	<p><i>Breakfast</i> <i>includes Milk and fruit. Cold cereal is offered daily as a second option. \$1.50</i></p> <p><i>Lunch</i> <i>Includes Bottomless Offering Bar and Milk. \$2.70</i></p> <p><i>Extra white milk may be purchased. \$.50</i></p>  <p>All you can eat 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>1 Breakfast</p> <ul style="list-style-type: none"> * Waffle Sticks & Sausage * Egg Cheese Scramble & Tots <p>Lunch</p> <ul style="list-style-type: none"> * Cheese OR Garden burger w/Fries * Pizza ◊ 	<p>2 Breakfast</p> <ul style="list-style-type: none"> * Egg & Cheese Burrito * French Toast <p>Lunch</p> <ul style="list-style-type: none"> * Cheese Stuffed Sticks w/ Marinara ◊ * Chicken Tenders w/Veggies ◊® 	<p>3 Breakfast</p> <ul style="list-style-type: none"> * Ham & Cheese Bagel * Yogurt Parfait w/ Graham Crackers <p>Lunch</p> <ul style="list-style-type: none"> * Chicken Cordon Bleu * Chef's choice 	<p>4 Breakfast</p> <ul style="list-style-type: none"> * Fresh Made Muffin ® * Apple Breadstick <p>Lunch</p> <ul style="list-style-type: none"> * Hot Dogs w/ Fries * Pizza ◊ 	<p>5 Breakfast</p> <ul style="list-style-type: none"> * Cinnamon Roll * Bagel w/ Cream Cheese <p>Lunch</p> <ul style="list-style-type: none"> * Beef & Bean Burrito w/ Corn * Veggie OR Beef Lasagna ◊® 	
<p>8 Breakfast</p> <ul style="list-style-type: none"> * Biscuit & Gravy w/Sausage * Fruit Pockets <p>Lunch</p> <ul style="list-style-type: none"> * Teriyaki Bento ◊ * Egg Rolls w/ Rice ◊ 	<p>9 Breakfast</p> <ul style="list-style-type: none"> * Ham & Cheese Bagel * Whole Grain Poptart w/ Cheese stick <p>Lunch</p> <ul style="list-style-type: none"> * Cheese OR Garden burger w/Fries * Orange Chicken w/ Rice ◊ 	<p>10 Breakfast</p> <ul style="list-style-type: none"> * Banana Muffin * Yogurt w/ Graham Crackers <p>Lunch</p> <ul style="list-style-type: none"> * Salisbury Steak w/ Potatoes & Roll * Cheese Pocket & Tomato Soup ◊ 	<p>11 Breakfast</p> <ul style="list-style-type: none"> * Fresh Made Muffin ® * Apple Breadstick <p>Lunch</p> <ul style="list-style-type: none"> * Chicken Burger w/ Fries * Pizza ◊ 	<p>12 Breakfast</p> <ul style="list-style-type: none"> * Cinnamon Roll * Egg Cheese Scramble & Tots <p>Lunch</p> <ul style="list-style-type: none"> * Corn Dog w/ Fries * Nachos ◊ 	
<p>15 Breakfast</p> <ul style="list-style-type: none"> * Waffle Stick & Sausage * Whole Grain Poptart <p>Lunch</p> <ul style="list-style-type: none"> * Cheese OR Garden burger w/Fries * Pizza ◊ 	<p>16 Breakfast</p> <ul style="list-style-type: none"> * Egg & Cheese Burrito * Apple Breadstick <p>Lunch</p> <ul style="list-style-type: none"> * Chicken Tenders w/ Veggies * Chef's choice 	<p>17 Breakfast</p> <ul style="list-style-type: none"> * Ham & Cheese Bagel * Yogurt w/ Graham Crackers <p>Lunch</p> <ul style="list-style-type: none"> * Roasted Chicken w/ Potatoes & Breadstick * Salisbury Steak w/ Potatoes & Breadstick 	<p>18 Breakfast</p> <ul style="list-style-type: none"> * Fresh Made Muffin ® * French Toast <p>Lunch</p> <ul style="list-style-type: none"> * Pretzel & Cheese ® * Cheese Stuffed Sticks w/ Marinara◊ 	<p>19 Breakfast</p> <ul style="list-style-type: none"> * Cinnamon Roll * Bagel w/ Cream Cheese <p>Lunch</p> <ul style="list-style-type: none"> * Kung Pao Chicken * Nachos◊ 	
<p>22 Breakfast</p> <ul style="list-style-type: none"> * Waffle Sticks & Sausage * Egg Cheese Scramble & Tots <p>Lunch</p> <ul style="list-style-type: none"> * Cheese OR Garden burger w/Fries * Pizza ◊ 	<p>23 Breakfast</p> <ul style="list-style-type: none"> * Egg & Cheese Burrito * French Toast <p>Lunch</p> <ul style="list-style-type: none"> * Cheese Stuffed Sticks w/ Marinara ◊ * Chicken Tenders w/Veggies ◊® 	<p>24 Breakfast</p> <ul style="list-style-type: none"> * Ham & Cheese Bagel * Yogurt Parfait w/ Graham Crackers <p>Lunch</p> <ul style="list-style-type: none"> * Chicken Cordon Bleu * Mac & Cheese ◊® 	<p>25 Breakfast</p> <ul style="list-style-type: none"> * Fresh Made Muffin ® * Apple Breadstick <p>Lunch</p> <ul style="list-style-type: none"> * Hot Dogs w/ Fries * Pizza ◊ 	<p>26 Breakfast</p> <ul style="list-style-type: none"> * Cinnamon Roll * Bagel w/ Cream Cheese <p>Lunch</p> <ul style="list-style-type: none"> * Chef's Choice * Veggie OR Beef Lasagna ◊® 	
<p>29</p> <p>NO SCHOOL</p>	<p>30 Breakfast</p> <ul style="list-style-type: none"> * Ham & Cheese Bagel * Whole Grain Poptart w/ Cheese stick <p>Lunch</p> <ul style="list-style-type: none"> * Cheese OR Garden burger w/Fries * Orange Chicken w/ Rice ◊ 	<p>31 Breakfast</p> <ul style="list-style-type: none"> * Banana Muffin * Yogurt w/ Graham Crackers <p>Lunch</p> <ul style="list-style-type: none"> * Salisbury Steak w/ Potatoes & Roll * Cheese Pocket & Tomato Soup ◊ 	<p>1 Breakfast</p> <ul style="list-style-type: none"> * Fresh Made Muffin ® * Apple Breadstick <p>Lunch</p> <ul style="list-style-type: none"> * Chicken Burger w/ Fries * Pizza ◊ 	<p>2 Breakfast</p> <ul style="list-style-type: none"> * Cinnamon Roll * Egg Cheese Scramble & Tots <p>Lunch</p> <ul style="list-style-type: none"> * Corn Dog w/ Fries * Nachos ◊ 	

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