Ashland Middle/John Muir School Menu May 2018

Monday Chocolate Milk	Tuesday	Wednesday Chocolate Milk	Thursday	Friday Chocolate Milk
30 **Breakfast** * Biscuit & Gravy w/Sausage * Fruit Pockets ◊ **Lunch** * Soft Taco w/Beans * Chicken Tenders ◊	**1** **Breakfast** * Ham & Cheese Bagel * Poptart w/ Cheese stick ◊ **Lunch** * Cheeseburger w/Fries ◊ * General Tso's Chicken w/ Rice	**2** **Breakfast** * Banana Muffin ◊ * Yogurt w/ Granola ◊ **Lunch** * Salisbury w/ Potatoes & Roll * Cheese Pocket & Tomato Soup ◊	**3** **Breakfast** * Fresh Made Muffin◊® * Apple Breadstick ◊ **Lunch** * Chicken Burger w/ Fries * Pizza ◊	**4** **Breakfast** * Cinnamon Roll ◊® * Biscuit & Gravy w/Sausage **Lunch** * Corn Dog w/ Fries * Nachos ◊
7 **Breakfast** * Biscuit & Gravy w/Sausage * Fruit Pockets **Lunch** * Teriyaki Bento ◊ * Egg Rolls w/ Rice ◊	**9** **Breakfast** * Ham & Cheese Bagel * Whole Grain Poptart w/ Cheese stick **Lunch** * Cheese OR Garden burger w/Fries * Orange Chicken w/ Rice ◊	**10** **Breakfast** * Banana Muffin * Yogurt w/ Graham Crackers **Lunch** * Salisbury Steak w/ Potatoes & Roll * Cheese Pocket & Tomato Soup ◊	**11** **Breakfast** * Fresh Made Muffin ® * Apple Breadstick **Lunch** * Chicken Burger w/ Fries * Pizza ◊	**12** **Breakfast** * Cinnamon Roll * Egg Cheese Scramble & Tots **Lunch** * Corn Dog w/ Fries * Nachos ◊
14 **Breakfast** * Waffle Stick & Sausage * Whole Grain Poptart **Lunch** * Cheese OR Garden burger w/Fries * Pizza ◊	**16** **Breakfast** * Egg & Cheese Burrito * Apple Breadstick **Lunch** * Chicken Tenders w/ Veggies *Chef's choice	**17** **Breakfast** * Ham & Cheese Bagel * Yogurt w/ Graham Crackers **Lunch** *Roasted Chicken w/ Potatoes & Breadstick * Salisbury Steak w/ Potatoes & Breadstick	**18** **Breakfast** * Fresh Made Muffin ® * French Toast **Lunch** * Pretzel & Cheese ® * Cheese Stuffed Sticks w/ Marinara◊	**19** **Breakfast** * Cinnamon Roll * Bagel w/ Cream Cheese **Lunch** * Kung Pao Chicken * Nachos◊
21 **Breakfast** * Waffle Sticks & Sausage * Egg Cheese Scramble & Tots **Lunch** * Cheese OR Garden burger w/Fries * Pizza ◊	**23** **Breakfast** * Egg & Cheese Burrito * French Toast **Lunch** * Cheese Stuffed Sticks w/ Marinara ◊ * Chicken Tenders w/Veggies ◊®	**24** **Breakfast** * Ham & Cheese Bagel * Yogurt Parfait w/ Graham Crackers **Lunch** * Chicken Cordon Bleu * Mac & Cheese ◊®	**25** **Breakfast** * Fresh Made Muffin ® * Apple Breadstick **Lunch** * Hot Dogs w/ Fries * Pizza ◊	**26** **Breakfast** * Cinnamon Roll * Bagel w/ Cream Cheese **Lunch** * Chef's Choice * Veggie OR Beef Lasagna ◊®
28 **NO SCHOOL**	**30** **Breakfast** * Ham & Cheese Bagel * Whole Grain Poptart w/ Cheese stick **Lunch** * Cheese OR Garden burger w/Fries * Orange Chicken w/ Rice ◊	**31** **Breakfast** * Banana Muffin * Yogurt w/ Graham Crackers **Lunch** * Salisbury Steak w/ Potatoes & Roll * Cheese Pocket & Tomato Soup ◊	**1** **Breakfast** * Fresh Made Muffin ® * Apple Breadstick **Lunch** * Chicken Burger w/ Fries * Pizza ◊	**2** **Breakfast** * Cinnamon Roll * Egg Cheese Scramble & Tots **Lunch** * Corn Dog w/ Fries * Nachos ◊

Breakfast *includes Milk and fruit. Cold cereal is offered daily as a second option. $1.50*

Lunch *Includes Bottomless Offering Bar and Milk. $2.75*

Extra white milk may be purchased. $.50

Make half your tray Fruits and Veggies!!

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