

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



Monday Chocolate Milk	Tuesday	Wednesday Chocolate Milk	Thursday	Friday Chocolate Milk
27 Breakfast * Waffle Sticks & Sausage *Egg & Cheese Scramble w/ Tots ◊ Lunch * Cheese OR Garden burger w/Fries * Pizza ◊	28 Breakfast * Egg & Cheese Burrito ◊ * Zucchini Bread ◊ Lunch * Cheese Stuffed Sticks w/ Marinara ◊ *Orange Chicken w/rice	29 Breakfast * Ham & Cheese Bagel * Yogurt w/ Graham Crackers ◊ Lunch * Calzone w/ Veggies◊ * Mac & Cheese w/ Breadstick ◊®	30 Breakfast * Fresh Made Muffin ◊® * Apple Breadstick ◊ Lunch * Hot Dogs w/ Fries * Pizza ◊	1 Breakfast * Cinnamon Roll ◊® * Bagel w/ Cream Cheese ◊ Lunch * Beef & Bean Burrito w/ Corn * Cheese Lasagna Roll ◊
4 Breakfast * Biscuit & Gravy w/Sausage * Fruit Pockets ◊ Lunch * Soft Taco w/Beans * Egg Rolls w/ Rice ◊	5 Breakfast * Ham & Cheese Bagel * Whole Grain Poptart w/ Cheese stick ◊ Lunch * Cheese OR Garden burger w/Fries ◊ * Orange Chicken w/ Rice	6 Breakfast * Banana Muffin ◊ * Yogurt w/ Graham Crackers ◊ Lunch * Salisbury Steak w/ Potatoes & Roll * Cheese Pocket & Tomato Soup ◊	7 Breakfast * Fresh Made Muffin◊® * Apple Breadstick ◊ Lunch * Chicken Burger w/ Fries * Pizza ◊	8 Breakfast * Cinnamon Roll ◊® * Egg Cheese Scramble & Tots ◊ Lunch * Corn Dog w/ Fries * Nachos ◊
11 Breakfast * Pancake Sausage Wrap * WG Poptart w/ ◊ Cheese stick Lunch * Cheese OR Garden burger w/Fries * Pizza ◊	12 Breakfast * Breakfast Tornado * Apple Breadstick ◊ Lunch * Chicken Burger w/ Fries * Calzone W/Veggies ◊	13 Breakfast * Ham & Cheese Bagel * Yogurt w/ Graham Crackers ◊ Lunch * Bean & Cheese Burrito w/Corn * Salisbury Steak w/ Potatoes & Breadstick	14 Breakfast * Fresh Made Muffin ◊® * French Toast ◊ Lunch * Pretzel & Cheese ◊ *Cheese Stuffed Sticks w/ Marinara ◊	15 Breakfast * Cinnamon Roll ◊® * Bagel w/ Cream Cheese ◊ Lunch * Kung Pao Chicken * Nachos ◊
No School	No School	No School	No School	No School
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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



Unlimited fruits and vegetables with every meal purchased!!

Fresh, local options available, check in and see what's on the tray today!

◊ = Vegetarian or can be made vegetarian