


Ashland Middle/John Muir School Menu February 2018



Monday <small>Chocolate Milk</small>	Tuesday	Wednesday <small>Chocolate Milk</small>	Thursday	Friday <small>Chocolate Milk</small>	<p>Breakfast includes Milk and fruit. Cold cereal is offered daily as a Third option. \$1.50</p> <p>Lunch Includes Bottomless Offering Bar and Milk. Custom made sandwiches and wraps are daily third option \$2.70</p> <p>Extra white milk may be purchased. \$.50</p>  <p>Unlimited Fruits and Veggies with every meal!</p> <p>⊙ =Scratch and Fresh made recipes ◇ = vegetarian or can be made vegetarian</p>
<p>29 Breakfast</p> <ul style="list-style-type: none"> * Biscuit & Gravy w/Sausage * Fruit Pockets ◇ <p>Lunch</p> <ul style="list-style-type: none"> * Soft Taco w/Beans * Egg Rolls w/ Rice ◇ 	<p>30 Breakfast</p> <ul style="list-style-type: none"> * Ham & Cheese Bagel * Poptart w/ Cheese stick ◇ <p>Lunch</p> <ul style="list-style-type: none"> * Cheeseburger w/Fries◇ * General Tso's 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 ◇ 	
<p>5 Breakfast</p> <ul style="list-style-type: none"> * Pancake Sausage Wrap * Poptart w/ Cheese stick ◇ <p>Lunch</p> <ul style="list-style-type: none"> * Cheeseburger w/Fries * Pizza ◇ 	<p>6 Breakfast</p> <ul style="list-style-type: none"> * Breakfast Tornado * Apple Breadstick ◇ <p>Lunch</p> <ul style="list-style-type: none"> * Chicken Burger w/ Fries * Rippers W/Veggies ◇ 	<p>7 Breakfast</p> <ul style="list-style-type: none"> * Ham & Cheese Bagel * Yogurt w/ Graham Crackers ◇ <p>Lunch</p> <ul style="list-style-type: none"> * Bean & Cheese Burrito w/Corn * Turkey Gravy w/ Potatoes & Roll 	<p>8 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>9 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>12 Breakfast</p> <ul style="list-style-type: none"> * Pancake Sausage Wrap *Egg & Cheese Scramble w/ Tots ◇ <p>Lunch</p> <ul style="list-style-type: none"> * Cheeseburger w/Fries * Pizza ◇ 	<p>13 Breakfast</p> <ul style="list-style-type: none"> * Egg & Cheese Burrito ◇ * Zucchini Bread ◇ <p>Lunch</p> <ul style="list-style-type: none"> * Cheese Stuffed Sticks w/ Marinara ◇ *Orange Chicken w/rice 	<p>14 Breakfast</p> <ul style="list-style-type: none"> * Ham & Cheese Bagel * Egg & Cheese Scramble w/ Tots ◇ <p>Lunch</p> <ul style="list-style-type: none"> * Rippers w/ Veggies◇ * Chicken Tenders 	<p>15 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>16 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 * Cheese Lasagna Roll ◇ 	
<p>19</p> <p>No School</p>	<p>20 Breakfast</p> <ul style="list-style-type: none"> * Ham & Cheese Bagel * Poptart w/ Cheese stick ◇ <p>Lunch</p> <ul style="list-style-type: none"> * Cheeseburger w/Fries ◇ * General Tso's Chicken w/ Rice 	<p>21 Breakfast</p> <ul style="list-style-type: none"> * Banana Muffin ◇ * Yogurt w/ Graham Crackers ◇ <p>Lunch</p> <ul style="list-style-type: none"> * Roast Chicken w/ Potatoes & Roll * Cheese Pocket & Tomato Soup ◇ 	<p>22 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>23 Breakfast</p> <ul style="list-style-type: none"> * Cinnamon Roll ◇® * Biscuit & Gravy w/Sausage <p>Lunch</p> <ul style="list-style-type: none"> * Corn Dog w/ Fries * Nachos ◇ 	
<p>26 Breakfast</p> <ul style="list-style-type: none"> * Pancake Sausage Wrap * Poptart w/ Cheesestick ◇ <p>Lunch</p> <ul style="list-style-type: none"> * Cheeseburger w/Fries * Pizza ◇ 	<p>27 Breakfast</p> <ul style="list-style-type: none"> * Breakfast Tornado * Apple Breadstick ◇ <p>Lunch</p> <ul style="list-style-type: none"> * Chicken Burger w/ Fries * Rippers W/Veggies ◇ 	<p>28</p> <p>No School</p>	<p>1</p> <p>No School</p>	<p>2</p> <p>No School</p>	

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