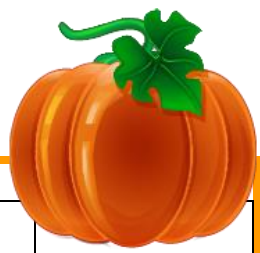


Ashland Middle/John Muir School Menu

October 2017

Monday <i>Chocolate Milk</i>	Tuesday	Wednesday <i>Chocolate Milk</i>	Thursday	Friday <i>Chocolate Milk</i>
2 Breakfast * Biscuit & Gravy w/Sausage * Fruit Pockets ◊ Lunch * Soft Tacos w/Beans * Egg Rolls w/ Rice ◊	3 Breakfast * Ham & Cheese Bagel * Whole Grain Poptart w/ Cheese stick ◊ Lunch * Cheese OR Garden burger w/Fries ◊ * Orange Chicken w/ Rice	4 Breakfast * Banana Muffin ◊ * Yogurt w/ Graham Crackers ◊ Lunch * Salisbury Steak w/ Potatoes & Roll * Cheese Pocket & Tomato Soup ◊	5 Breakfast * Fresh Made Muffin◊® * Apple Breadstick ◊ Lunch * Chicken Burger w/ Fries * Pizza ◊	6 Breakfast * Cinnamon Roll ◊® * Egg Cheese Scramble & Tots ◊ Lunch * Corn Dog w/ Fries * Nachos ◊
9 Breakfast * Waffle Stick & Sausage * WG Poptart w/ Cheese stick◊ Lunch * Cheese OR Garden burger w/Fries * Pizza ◊	10 Breakfast * Egg & Cheese Burrito * Apple Breadstick ◊ Lunch * Chicken Burger w/ Fries * Calzone W/Veggies ◊	11 Breakfast * Ham & Cheese Bagel * Yogurt w/ Graham Crackers ◊ Lunch * Bean & Cheese Burrito w/Corn * Salisbury Steak w/ Potatoes & Breadstick	12 Breakfast * Fresh Made Muffin ◊® * French Toast ◊ Lunch * Pretzel & Cheese ◊ * Cheese Stuffed Sticks w/ Marinara ◊	<p style="text-align: center;">No School</p>
16 Breakfast * Waffle Sticks & Sausage *Egg & Cheese Scramble w/ Tots ◊ Lunch * Cheese OR Garden burger w/Fries * Pizza ◊	17 Breakfast * Egg & Cheese Burrito ◊ * Zucchini Bread ◊ Lunch * Cheese Stuffed Sticks w/ Marinara ◊ *Orange Chicken w/rice	18 Breakfast * Ham & Cheese Bagel * Yogurt w/ Graham Crackers ◊ Lunch * Calzone w/ Veggies◊ * Mac & Cheese w/ Breadstick ◊®	19 Breakfast * Fresh Made Muffin ◊® * Apple Breadstick ◊ Lunch * Hot Dogs w/ Fries * Pizza ◊	20 Breakfast * Cinnamon Roll ◊® * Bagel w/ Cream Cheese ◊ Lunch * Beef & Bean Burrito w/ Corn * Veggie OR Beef Lasagna ◊®
23 Breakfast * Biscuit & Gravy w/Sausage * Fruit Pockets ◊ Lunch * Soft Tacos w/Beans * Egg Rolls w/ Rice ◊	24 Breakfast * Ham & Cheese Bagel * Whole Grain Poptart w/ Cheese stick ◊ Lunch *Cheese OR Gardenburger w/Fries◊ * Orange Chicken w/ Rice	25 Breakfast * Banana Muffin ◊ * Yogurt w/ Graham Crackers ◊ Lunch * Salisbury Steak w/ Potatoes & Roll * Cheese Pocket & Tomato Soup ◊	26 Breakfast * Fresh Made Muffin◊® * Apple Breadstick ◊ Lunch * Chicken Burger w/ Fries * Pizza ◊	27 Breakfast * Cinnamon Roll ◊® * Egg Cheese Scramble & Tots ◊ Lunch * Corn Dog w/ Fries * Nachos ◊
30 Conferences	31 Conferences	1 Conferences	2 Breakfast * Fresh Made Muffin ◊® * French Toast ◊ Lunch * Pretzel & Cheese ◊ * Cheese Stuffed Sticks w/ Marinara ◊	3 Breakfast * Cinnamon Roll ◊® * Bagel w/ Cream Cheese ◊ Lunch * Kung Pao Chicken * 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



Unlimited fruits and vegetables with every meal purchased!!
Fresh, local options available, check in and see what's on the tray today!