

Ashland Middle/John Muir School Menu

Aug/Sept 2017

Monday Chocolate Milk	Tuesday	Wednesday Chocolate Milk	Thursday	Friday Chocolate Milk
28 Breakfast * Waffles & Sausage * WG Poptart w/ Cheese stick ◊ Lunch Sack Lunch	29 Breakfast * Egg & Cheese Burrito ◊ * Apple Breadstick ◊ Lunch * Chicken Burger w/ Fries * Calzone ◊	30 Breakfast * Ham & Cheese Bagel * Yogurt w/ Graham Crackers ◊ Lunch *Roasted Chicken w/ Potatoes & Roll *Salisbury Steak w/ Potatoes & Roll	31 Breakfast * Fresh Made Muffin ◊® * French Toast ◊ Lunch * Pretzel & Cheese ◊ * Cheese Stuffed Sticks w/ Marinara ◊	1 Breakfast * Cinnamon Roll ◊® * Bagel w/ Cream Cheese ◊ Lunch * Kung Pao Chicken * Nachos ◊
4 Labor Day No School	5 Breakfast * Egg & Cheese Burrito ◊ * Zucchini Bread ◊ Lunch * Cheese Stuffed Sticks w/ Marinara ◊ *Orange Chicken w/rice	6 Breakfast * Ham & Cheese Bagel * Yogurt w/ Graham Crackers ◊ Lunch * Calzone ◊ * Mac & Cheese w/ Breadstick ◊	7 Breakfast * Fresh Made Muffin ◊ ® * Apple Breadstick ◊ Lunch * Hot Dogs w/ Fries * Pizza ◊	8 Breakfast * Cinnamon Roll ◊ * Bagel w/ Cream Cheese ◊ Lunch * Beef & Bean Burrito w/ Corn * Veggie OR Beef Lasagna ◊ ®
11 Breakfast * Biscuit & Gravy w/Sausage * Fruit Pockets ◊ Lunch * Soft Tacos * Egg Rolls w/ Rice ◊	12 Breakfast * Ham & Cheese Bagel * Whole Grain Poptart w/ Cheese stick Lunch * Cheese OR Garden burger w/Fries * Orange Chicken w/ Rice ◊	13 Breakfast * Banana Muffin ◊ * Yogurt w/ Graham Crackers ◊ Lunch * Salisbury Steak w/ Potatoes & Roll * Cheese Pocket & Tomato Soup ◊	14 Breakfast * Fresh Made Muffin ◊ ® * Apple Breadstick ◊ Lunch * Chicken Burger w/ Fries * Pizza ◊	15 Breakfast * Cinnamon Roll ◊ ® * Egg Cheese Scramble & Tots ◊ Lunch * Corn Dog w/ Fries * Nachos ◊
18 Breakfast * Waffle Stick & Sausage * WG Poptart w/ Cheese stick ◊ Lunch * Cheese OR Garden burger w/Fries ◊ * Pizza ◊	19 Breakfast * Egg & Cheese Burrito ◊ * Apple Breadstick ◊ Lunch * Chicken Burger w/ Fries * Calzone ◊	20 Breakfast * Ham & Cheese Bagel * Yogurt w/ Graham Crackers ◊ Lunch *Roasted Chicken w/ Potatoes & Roll *Salisbury Steak w/ Potatoes & Roll	21 Breakfast * Fresh Made Muffin ◊® * French Toast ◊ Lunch * Pretzel & Cheese ◊ * Cheese Stuffed Sticks w/ Marinara ◊	22 Breakfast * Cinnamon Roll ◊ ® * Bagel w/ Cream Cheese ◊ Lunch * Kung Pao Chicken * Nachos ◊
25 Breakfast * Waffle Sticks & Sausage * Egg & Cheese Scramble w/ Tots ◊ Lunch * Cheese OR Garden burger w/Fries ◊ * Pizza ◊	26 Breakfast * Egg & Cheese Burrito ◊ * Zucchini Bread ◊ Lunch * Cheese Stuffed Sticks w/ Marinara ◊ *Orange Chicken w/rice	27 Breakfast * Ham & Cheese Bagel * Yogurt w/ Graham Crackers ◊ Lunch * Calzone ◊ * Mac & Cheese w/ Breadstick ◊ ®	28 Breakfast * Fresh Made Muffin ◊ ® * Apple Breadstick ◊ Lunch * Hot Dogs w/ Fries * Pizza ◊	29 Breakfast * Cinnamon Roll ◊ ® * Bagel w/ Cream Cheese ◊ Lunch *Beef & Bean Burrito w/ Corn ◊ * Veggie OR Beef Lasagna ◊ ®

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!

® =Scratch and Fresh made recipes

◊ = vegetarian or can be made vegetarian

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