# **Battle Ground Public Schools** Middle School Menu

September 2016

Our menus are aligned with the USDA's Healthier US school Challenge.

FREE BFAST FOR STUDENTS! SEPTEMBER 7th-16th	MEAL PRICES  Breakfast: Paid = \$1.80 Red.= Free	Pancake on a Stick	7	Peach Yogurt V Parfait w/ Granola	9 Sausage Egg & Cheese Biscuit
Blueberry Bagel w/ Cream Cheese	Dutch Waffle w/ V Strawberries	1 Breakfast Pizza	4	15 Pancake Griddle	16 Cinnamon Roll <b>V</b>
Strawberry Yogurt Parfait w/ Granola	20 Sausage Egg & Cheese Muffin	2 Pancake Griddle	1	22 Breakfast Burrito	Banana Bread
26 Pancake on a Stick	27 Pancake Griddle	2 Cinnamon Roll <b>V</b>	8	29 Dutch Waffle w/ V Strawberries	30 Maple Glazed Donut

### Additional daily breakfast offerings to choose from:

French Toast Sticks, Mini Blueberry Muffin, Assorted Cereal, Cinnamon Toast Crunch Cereal Bar, Rice Krispies Treat, Pop Tart, Nutri-Grain Bar, Low Fat or Fat Free Yogurt, String Cheese, Hardboiled Egg, Fresh Canned and Dried Fruits, Low Fat or Fat Free Milk, 100% Fruit Juice

WELCOME BACK TO SCHOOL!	MEAL PRICES <u>Lunch:</u> Paid = \$2.75 Red.= \$0.40	7 Chopsticks (GF option– rice & meat w/o sauce)	8 Pretzel w/ Cheese V Sauce	9 Meatball Sub
BBQ Riblet Sandwich w/ Tots	13 Chicken Enchilada w/ Rice	14 Made to Order Deli w/ Chips	15 Chili Fritos (GF)	16 Pasta Bar w/ Breadstick
19 Philly Ch. Steak Sandwich w/Fries	20 Made to Order Deli w/ Chips	21 Turkey Sand Cheez-It, Apple, Car- rots, & Milk	BBQ 22 Chicken w/ Pasta Salad	23 Meat Lasagna
26 French Toast Sticks w/ Hardboiled Egg V	27 Chicken Taquito Ice Cream Sandwich!	28 Chopsticks (GF option– rice & meat w/o sauce)	Cheesy Breadsticks w/ Marinara Sauce	30 Pasta Bar w/ Breadstick



## AN ASSORTMENT OF SIDES **OFFERED DAILY WITH BREAKFAST** & LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk or 100% Fruit Juice included with all meals.







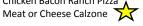
All pizzas feature low fat cheese, low sodium sauce & whole grain crusts.

### **EVERYDAY CHOICES**

Pepperoni & Cheese Pizza

MONDAY TUESDAY WEDNESDAY **THURSDAY FRIDAY** 

Italian Sausage Pizza Meat Lovers Pizza Hawaiian Pizza Chicken Bacon Ranch Pizza



V You may select a cheese only pizza or calzone.



# BUILT THE WAY YOU LIKE ITSOUTH OF THE BOARDER BAR

Offered Daily: Nacho (GF), Burrito, Burrito Bowl (GF), Quesadilla, & Salad (GF)

Fresh Toppings & Ingredients: Fajita Chicken, Taco Meat, Queso Cheese Sauce, Spanish Rice, Pinto Beans, Refried Beans, Salsa, Pico De Gallo, Shredded Mozzarella and Cheddar Cheese, Sour Cream, Shredded Lettuce, Olives, Jalapenos, and Ranch Dressing

You may select any entrée without meat..



### **DAILY GRILL CHOICES**

Cheeseburgers, Regular and Spicy Chicken Burgers & Daily Specials

\*Side of tots with each entrée.

Burgers are served on whole wheat buns.

Chicken Nuggets & Popcorn Chicken are paired with a whole grain roll.

#### **Daily Specials:**

- (M) Corn Dog
- (T) Chicken Nuggets
- (W) Corn Dog
- (TH) Chicken Nuggets
- (F) Popcorn Chicken



### **SANDWICHES**

M - Ham Sub T - Turkey Sub

W - Combo Sub

TH - Club Sub

F - Italian Sub

Sandwiches are served on freshly

baked whole wheat sub rolls.

Salads come with whole grain breadsticks.

### **SALADS**

Chicken Caesar Salad (GF) Chef Salad (GF) Crispy Chicken Salad Chef Salad (GF) Chicken Caesar Salad (GF)



