

# Battle Ground Public Schools Middle School Menu September 2016

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

<b>FREE BFAST FOR STUDENTS! SEPTEMBER 7th-16th</b>	<b>MEAL PRICES</b> <b>Breakfast:</b> <b>Paid = \$1.80</b> <b>Red.= Free</b>	7 Pancake on a Stick	8 Peach Yogurt <b>V</b> Parfait w/ Granola	9 Sausage Egg & Cheese Biscuit
12 Blueberry Bagel w/ Cream <b>V</b> Cheese	13 Dutch Waffle w/ <b>V</b> Strawberries	14 Breakfast Pizza	15 Pancake Griddle	16 Cinnamon Roll <b>V</b>
19 Strawberry Yogurt <b>V</b> Parfait w/ Granola	20 Sausage Egg & Cheese Muffin	21 Pancake Griddle	22 Breakfast Burrito	23 Banana Bread <b>V</b>
26 Pancake on a Stick	27 Pancake Griddle	28 Cinnamon Roll <b>V</b>	29 Dutch Waffle w/ <b>V</b> Strawberries	30 Maple Glazed Donut <b>V</b>

### 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

<b>WELCOME BACK TO SCHOOL!</b>	<b>MEAL PRICES</b> <b>Lunch:</b> <b>Paid = \$2.75</b> <b>Red.= \$0.40</b>	7 Chopsticks (GF option- rice & meat w/o sauce)	8 Pretzel w/ Cheese <b>V</b> Sauce	9 Meatball Sub
12 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	22 BBQ <b>★</b> Chicken w/ Pasta Salad	23 Meat Lasagna
26 French Toast Sticks w/ Hardboiled Egg <b>V</b>	27 Chicken Taquito <b>Ice Cream Sandwich!</b>	28 Chopsticks (GF option- rice & meat w/o sauce)	29 Cheesy Breadsticks w/ Marinara Sauce <b>V</b>	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.

**V** Vegetarian **★** New Menu Items **GF** = Gluten Free Options



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 **★**  
Meat or Cheese Calzone **★**

**V** You may select a cheese only pizza or calzone.



### ★ BUILT THE WAY YOU LIKE IT- SOUTH OF THE BORDER 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

**V** You may select any entrée without meat..



### DAILY GRILL CHOICES

Cheeseburgers, Regular and Spicy  
Chicken Burgers & Daily Specials

### 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. **★**

(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

### SALADS

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

Sandwiches are served on freshly baked whole wheat sub rolls.

Salads come with whole grain breadsticks.

