



# Willingboro School District Memorial Middle School Breakfast Menu

# October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>French Toast Sticks w/Syrup</b>  Fresh Apple 100% Apple Juice Choice of Milk	<b>3</b> <b>Mini Cinn Roll</b>  Cup Peaches Fresh Banana, Choice of Milk	<b>4</b> <b>Chicken Sausage On a Bagel</b>  Fresh Apple 100% Fruit Punch, Choice of Milk	<b>5</b> <b>Triple Berry French Toast</b>  Applesauce Fresh Banana Choice of Milk	<b>6</b> <b>Maple Blast Pancakes</b>  Orange Wedges Apple Juice Choice of Milk
<b>9</b> <b>Columbus Day School Closed</b>	<b>10</b> <b>Mini Cinn Roll</b>  Cup Peaches Fresh Banana, Choice of Milk	<b>11</b> <b>Chicken Sausage On a Bagel</b>  Fresh Apple 100% Fruit Punch, Choice of Milk	<b>12</b> <b>Turkey Pancake Wrap</b>  Applesauce Fresh Banana Choice of Milk	<b>13</b> <b>Maple Blast Pancakes</b>  Orange Wedges Sliced Apples Choice of Milk
<b>16</b> <b>French Toast Sticks w/Syrup</b>  Fresh Apple 100% Apple Juice Choice of Milk	<b>17</b> <b>Mini Cinn Roll</b>  Cup Peaches Fresh Banana, Choice of Milk	<b>18</b> <b>Chicken Sausage On a Bagel</b>  Fresh Apple 100% Fruit Punch, Choice of Milk	<b>19</b> <b>Maple Madness Waffles</b>  Applesauce Fresh Banana Choice of Milk	<b>20</b> <b>Maple Blast Pancakes</b>  Orange Wedges Sliced Apples Choice of Milk
<b>23</b> <b>Turkey Pancake Wrap</b>  Fresh Apple 100% Apple Juice Choice of Milk	<b>24</b> <b>Mini Cinn Roll</b>  Cup Peaches Fresh Banana, Choice of Milk	<b>25</b> <b>Chicken Sausage On a Bagel</b>  Fresh Apple 100% Fruit Punch, Choice of Milk	<b>26</b> <b>Triple Berry French Toast</b>  Applesauce Fresh Banana Choice of Milk	<b>27</b> <b>Maple Blast Pancakes</b>  Orange Wedges Sliced Apples Choice of Milk
<b>30</b> <b>French Toast Sticks w/Syrup</b>  Fresh Apple 100% Apple Juice Choice of Milk	<b>31</b> <b>Mini Cinn Roll</b>  Cup Peaches Fresh Banana, Choice of Milk			

### Additional Daily Breakfast Options:

- Assorted Cereals
- Variety of Muffins
- Assorted Breakfast Sandwiches
- Freshly Made Waffles
- Sliced Bagels
- Yogurt

### Milk Offerings:

- Skim White,
- Skim Chocolate or
- 1% White

### Breakfast Price:











\$1.60 Full; \$0.30 Reduced

To make a complete meal, students must select at least 3 different items from the required food groups offered at breakfast. At least one item



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<b>2</b> <b>Chicken Nuggets w/ Roll</b>  PB & J Sandwich  Fresh Apple Steamed Green Beans 100% Apple Juice	<b>3</b> <b>Turkey Hot Dog</b>  Turkey Cobb Salad  Veg. Baked Beans Zucchini Sticks Slush Cup <i>Fresh Banana</i>	<b>4</b> <b>Chicken Drumstick w/Roll</b>  Turkey & Cheese Sandwich  Mash Potato w/Gravy Red Pepper Strips Fresh Apple 100% Fruit Punch	<b>5</b> <b>Meatball Sub</b>  Popcorn Chicken Salad  Capri Blend Three Bean Salad Fresh Pear Applesauce	<b>6</b> <b>Asian Chicken Tacos</b>  Turkey Ham Sandwich  Brown Rice Japanese Veg. Orange Wedges Sliced Apples
<b>9</b> <b>Columbus Day School Closed</b>	<b>10</b> <b>Cheeseburger</b>  <b>Chick N' Cheese Griller</b>  Steamed Carrots Zucchini Sticks, Slush Cup <i>Fresh Banana</i>	<b>11</b> <b>Chicken &amp; Cheese Quesadilla</b>  <b>Chick N' Cheese Griller</b>  Steamed Corn Red Pepper Strips Fresh Apple 100% Fruit Punch	<b>12</b> <b>Rotini w/Meat Sauce</b>  <b>Chick N' Cheese Griller</b>  Capri Blend Three Bean Salad Fresh Pear Applesauce	<b>13</b> <b>Chicken Fajita</b>  <b>Chick N' Cheese Griller</b>  Mexican Rice Mexican Corn Orange Wedges Sliced Apples
<b>16</b> <b>Chicken Nuggets w/Roll</b>  <b>Steak N' Cheese Griller</b>  Fresh Apple Steamed Green Beans 100% Apple Juice	<b>17</b> <b>Beef Hot Dog</b>  <b>Steak N' Cheese Griller</b>  Veg. Baked Beans Zucchini Sticks Slush Cup <i>Fresh Banana</i>	<b>18</b> <b>Chicken Drumstick w/Roll</b>  <b>Steak N' Cheese Griller</b>  Mash Potato w/Gravy Red Pepper Strips Fresh Apple 100% Fruit Punch	<b>19</b> <b>Meatball Sub</b>  <b>Steak N' Cheese Griller</b>  Capri Blend Three Bean Salad Fresh Pear Applesauce	<b>20</b> <b>Asian Chicken Tacos</b>  <b>Steak N' Cheese Griller</b>  Brown Rice Japanese Veg. Orange Wedges Sliced Apples
<b>23</b> <b>Chicken Filet Sandwich</b>  PB & J Sandwich  Fresh Apple Steamed Green Beans 100% Apple Juice	<b>24</b> <b>Cheeseburger</b>  Turkey Cobb Salad  Steamed Carrots Zucchini Sticks Slush Cup <i>Fresh Banana</i>	<b>25</b> <b>Chicken &amp; Cheese Quesadilla</b>  Turkey & Cheese Sandwich  Steamed Corn Red Pepper Strips Fresh Apple 100% Fruit Punch	<b>26</b> <b>Rotini w/Meat Sauce</b>  Popcorn Chicken Salad  Capri Blend Three Bean Salad Fresh Pear Applesauce	<b>27</b> <b>Chicken Fajita</b>  Turkey Ham Sandwich  Mexican Rice Mexican Corn Orange Wedges Sliced Apples
<b>30</b> <b>Chicken Tenders w/ Roll</b>  PB & J Sandwich  Fresh Apple Steamed Green Beans 100% Apple Juice	<b>31</b> <b>Turkey Hot Dog</b>  Turkey Cobb Salad  Veg. Baked Beans Zucchini Sticks Slush Cup <i>Fresh Banana</i>			

## Additional Daily Entrée Options:

### Made to Order Salad Bar

Select from a variety of fresh vegetables and fruits and top with your choice of protein: grilled chicken, breaded chicken, turkey, hard boiled eggs, tuna, beans, cheddar, and/or mozzarella. Offered with dinner roll.

### Made to Order Deli Bar

Build your own sandwich or wrap. Choose between turkey, chicken salad, tuna or breaded chicken. Top with American, pepper jack or provolone cheese and finish with crisp veggies and choice of condiments. Peanut Butter & Jelly Sandwiches are offered daily.

### The Pizzeria

Chicken Pepperoni, Cheese & Barbeque Chicken Pizza

### The Grill

## Lunch Price:

\$2.85 Full; \$0.40 Reduced

To make a meal, students must select foods from at least 3 different food groups. At least one item must be a ½ cup fruit, ½ cup vegetable or a 4oz serving of 100% juice. Students may select as many fruits and vegetables as offered, but multiple servings of the same will be charged a la carte.

## Choice of Milk Offerings:

Skim White, Skim Chocolate or 1% White