



# Cherry Hill Public Schools Middle School Breakfast Menu

# October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2 Bacon, Egg &amp; Cheese Sandwich</b>  Fresh Orange, 100% Juice Variety, Choice of Milk	<b>3 French Toast Sticks &amp; Sausage</b>  Fresh Apple, 100% Juice Variety, Choice of Milk	<b>4 Triple Berry French Toast</b>  Banana, 100% Juice Variety, Choice of Milk	<b>5 Whole Grain Donut</b>  Fresh Orange, 100% Juice Variety, Choice of Milk	<b>6 Dutch Waffle</b>  Fresh Apple, 100% Juice Variety, Choice of Milk
<b>9 Full day Teachers In-Service</b>	<b>10 Sausage, Egg &amp; Cheese Sandwich</b>  Fresh Apple, 100% Juice Variety, Choice of Milk	<b>11 Whole Grain Donut</b>  Banana, 100% Juice Variety, Choice of Milk	<b>12 Bacon, Egg &amp; Cheese Sandwich</b>  Fresh Orange, 100% Juice Variety, Choice of Milk	<b>13 Triple Berry French Toast</b>  Fresh Apple, 100% Juice Variety, Choice of Milk
<b>16 Whole Grain Donut</b>  Fresh Orange, 100% Juice Variety, Choice of Milk	<b>17 Sausage, Egg &amp; Cheese Sandwich</b>  Fresh Apple, 100% Juice Variety, Choice of Milk	<b>18 Dutch Waffle</b>  Banana, 100% Juice Variety, Choice of Milk	<b>19 Bacon, Egg &amp; Cheese Sandwich</b>  Fresh Orange, 100% Juice Variety, Choice of Milk	<b>20 French Toast Sticks &amp; Sausage</b>  Fresh Apple, 100% Juice Variety, Choice of Milk
<b>23 Turkey Pancake Wrap</b>  Fresh Orange, 100% Juice Variety, Choice of Milk	<b>24 Bacon, Egg &amp; Cheese Sandwich</b>  Fresh Apple, 100% Juice Variety, Choice of Milk	<b>25 Whole Grain Donut</b>  Banana, 100% Juice Variety, Choice of Milk	<b>26 Pancakes &amp; Sausage</b>  Fresh orange, 100% Juice Variety, Choice of Milk	<b>27 Sausage, Egg &amp; Cheese Sandwich</b>  Fresh Apple, 100% Juice Variety, Choice of Milk
<b>30 Dutch Waffle</b>  Fresh Orange, 100% Juice Variety, Choice of Milk	<b>31 Bacon, Egg &amp; Cheese Sandwich</b>  Fresh Apple, 100% Juice Variety, Choice of Milk			<b>Did You Know...</b> <b>Breakfast is offered at all schools within the district?</b> <b>Start your day the healthy way. Join us for a nutritious breakfast today!</b>

### Additional Daily Breakfast Options:

- Breakfast Sandwiches
- Assorted Cereals
- Assorted Muffins
- Cereal Bars
- Yogurt Variety
- Bagels

### Milk Offerings:

Skim Chocolate or 1% White Milk

### Breakfast Price:

**\$1.90 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 must be a 1/2 cup fruit, 1/2 cup vegetable

**Menus are subject to change without notice.**



# Cherry Hill Public Schools Middle School Lunch Menu

# October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2 Fish Po Boy Sandwich</b>  Sweet Potato Fries, Sliced Cucumbers, Orange, Applesauce, 100% Juice Variety	<b>3 Bread Drumstick with Mashed Potatoes &amp; Corn Muffin</b>  Steamed Corn, Fresh Garden Salad, Orange, Applesauce, 100% Juice Variety	<b>4 National Taco Day Taco Bar</b>  Refried Beans, Fresh Broccoli, Orange, Applesauce, 100% Juice Variety	<b>5 Peppers, Onions &amp; Chicken Stromboli</b>  Green Beans, Celery Sticks, Orange, Applesauce, 100% Juice Variety	<b>6 Spicy Pepperoni Artisan Flatbread</b>  Steamed Peas, Fresh Baby Carrots, Orange, Applesauce, 100% Juice Variety
<b>9 Schools Closed Labor Day</b>	<b>10 Pizza Sticks with Marinara Sauce</b>  <b>Chick N' Cheese Griller</b>  Sweet Potato Tots, Sliced Cucumbers, Apple, Fruit Cocktail, 100% Juice Variety	<b>11 General Chicken with Fried Rice</b>  <b>Chick N' Cheese Griller</b>  Steamed Broccoli, Fresh Garden Salad, Orange, Applesauce, 100% Juice Variety	<b>12 Three Cheese Calzone</b>  <b>Chick N' Cheese Griller</b>  Garbanzo Beans, Celery Sticks, Banana, Diced Pears, 100% Juice Variety	<b>13 Chicken &amp; Spinach Alfredo Flatbread</b>  <b>Chick N' Cheese Griller</b>  Green Beans, Fresh Baby Carrots, Apple, Diced Peaches, 100% Juice Variety
<b>16 Buffalo Chicken Sandwich with Bleu Cheese</b>  <b>Steak N' Cheese Griller</b>  Sweet Potato Fries, Baby Carrots, Orange, Fruit Cocktail, 100% Juice Variety	<b>17 National Pasta Day Pasta Bar</b>  <b>Steak N' Cheese Griller</b>  Orange Glazed Carrots, Sliced Cucumbers, Banana, Applesauce, 100% Juice Variety	<b>18 Popcorn Chicken Mashed Potato Bowl</b>  <b>Steak N' Cheese Griller</b>  Steamed Corn, Fresh Garden Salad, Apple, Diced Pears, 100% Juice Variety	<b>19 Meat Lovers Calzone</b>  <b>Steak N' Cheese Griller</b>  Campfire Pinto Beans, Fresh Broccoli, Fresh Orange, Diced Peaches, 100% Juice Variety	<b>20 Sausage &amp; Herb Flatbread</b>  <b>Steak N' Cheese Griller</b>  Steamed Broccoli, Fresh Celery Sticks, Banana, Fruit Cocktail, 100% Juice Variety
<b>25 Bacon Cheeseburger</b>  Baked Beans, Fresh Garden Salad, Apple, Diced Pears, 100% Juice Variety	<b>26 Chicken Parmesan Sandwich</b>  Steamed Carrots, Sliced Cucumbers, Orange, Diced Peaches, 100% Juice Variety	<b>27 Meatball Sub</b>  Steamed Green Beans, Fresh Baby Carrots, Banana, Applesauce, 100% Juice Variety	<b>28 Buffalo Chicken Calzone</b>  Steamed Corn, Fresh Broccoli, Orange, Diced Peaches, 100% Juice Variety	<b>29 Jerk Chicken &amp; Cheddar Flatbread</b>  Steamed Peas, Celery Sticks, Apple, Fruit Cocktail, 100% Juice Variety
<b>30 Turkey Reuben</b>  Steamed Broccoli, Fresh Celery Sticks, Orange, Fruit Cocktail, 100% Juice Variety	<b>31 Mozzarella Sticks with Marinara Sauce</b>  Sweet Potato Tots, Fresh Garden Salad, Apple, Diced Pears, 100% Juice Variety			<b>Try one of our featured Fuel Recipes October 10th-20th</b>

### 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 and a variety of Grab & Go Sandwiches are offered daily.

#### The Grill

Deluxe Chicken Patty Sandwich, Cheeseburger, Chicken Nuggets w/Roll, Nachos, Cheesesteak

### Lunch Price:

**\$2.90 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.

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Choice of Milk Offerings:

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