

# 2016-2017 Old Fort Middle School Menu

Whole Grain Quesadilla w/ salsa Salad Mixed Fruit Whole Grain Cookie **	Beef Taco Refried Beans Salsa Strawberries **	Cheeseburger on Whole Grain Bun Baked Fries Peaches **	Whole Grain French Toast w/ syrup Hash Brown Sausage Patty OJ **	Whole Grain Soft Cheese filled Pretzels or Bosco sticks w/ marinara sauce Green Beans Applesauce **
Beef BBQ Rib or Chicken patty on a whole grain Bun Baked Beans Peaches **	<b>TRY-IT Tuesday</b>	Pizza Broccoli Applesauce **	Popcorn Chicken Bowl Diner Roll Applesauce **	Macaroni & Cheese or Pasta with Meat Sauce Green Beans Pretzel Stick Mixed Fruit **
Deli Meat Sandwich Baked Fries Applesauce **	Turkey Gravy Mashed Potatoes Dinner Roll Applesauce **	Mini-Corn Dogs Green Beans Pineapple **	Walking Taco Refried Beans Mixed Fruit Whole Grain Cookie **	Chicken Nuggets Broccoli w/ cheese Apple sauce Dinner roll **
Cheeseburger on a Whole Grain Bun Baked Fries Tropical Fruit **	Popcorn Chicken Bowl Dinner Roll Applesauce **	Meat and Cheese Nachos or a Hot Dog with Nachos Black Beans **	Chicken Wrap Applesauce Green Beans **	Bosco Sticks Marinara Sauce Green Beans Mixed Fruit **
Chicken Patty on Whole Grain Bun Corn Pears Whole Grain cookie **	Mini-Corn Dogs Baked Beans Pineapple **	Beef burrito or calzone Normandy Blend Peaches **	Turkey Gravy Mashed Potatoes Dinner Roll Applesauce **	Chicken Nuggets Broccoli w/ cheese Applesauce Dinner Roll **

## Breakfast Served Daily

- \*Sausage Biscuit w/ cheese
  - \*Breakfast Pizza
  - \*Mini Pancakes
  - \*Breakfast Bar (\*will be rotated daily)
- All served with Fruit, OJ & Milk

## 2016-2017 Meal Prices

- Lunch \$ 2.60
- Reduced Lunch \$0.40
- Breakfast \$1.50
- Reduced Breakfast \$0.30

## 2<sup>nd</sup> Option Menu Items

Pizza or Bosco Sticks rotated daily....salad offered daily

## Addition information

**please contact:**

Elaine Magers

419-992-4291 x118

## \*\*Veggie Boat and

Milk offered with meals daily

The last week of school will be the cook's choice.

August 2016				
M	Tu	W	Th	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

September 2016				
M	Tu	W	Th	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

October 2016				
M	Tu	W	Th	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

May 2017				
M	Tu	W	Th	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

November 2016				
M	Tu	W	Th	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

December 2016				
M	Tu	W	Th	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

January 2017				
M	Tu	W	Th	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

February 2017				
M	Tu	W	Th	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28			

March 2017				
M	Tu	W	Th	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

April 2017				
M	Tu	W	Th	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

Applications for free and reduced price meals are available at either the school office or the cafeteria. These may be filled out anytime during the school year.

Menus are planned according to Food and Nutrition Guidelines set forth by the USDA. Menus are subject to change due to product availability, new product offerings, or weather related issues. Any necessary changes will be on the morning announcements.

There is NO charging.

Thanksgiving Dinner will be served on Wednesday, Nov. 16, 2016.

Healthy A'la Carte options that meet the Alliance for a Healthier Generation are available.

USDA is an equal opportunity provider and employer.