

2018-2019 Old Fort Jr. High Menu

French toast Hash brown Sausage patty Juice **
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Wg Quesadilla Salsa, salad Fruit Whole grain cookie
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Cheeseburger on whole Grain Bun Baked Fries Peaches **
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Taco with Refried beans Cheese ,Lettuce Strawberries **

Whole Grain cheese or pepperoni sticks Green Beans Applesauce **
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Breakfast Served Daily *Sausage Biscuit w/ cheese *Breakfast Pizza *Mini Pancakes *Breakfast Bar All served with Fruit, OJ & Milk (*will be rotated daily)
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Beef BBQ Rib or Chicken patty on a whole grain Bun Baked Beans Peaches **
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**TRY IT
Tuesday
FRUIT, ****

Pizza Broccoli pears **

Popcorn Chicken Bowl Dinner Roll Applesauce **
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Pasta with Meat Sauce Green beans Bread stick Applesauce **

2018-2019 Meal Prices Lunch \$ 2.60 Reduced Lunch \$0.40 Breakfast \$1.50 Reduced Breakfast \$0.30 Milk \$0.55
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Calzone or Pizza Crunchers California blend Applesauce **

Turkey Gravy Mashed Potatoes Dinner Roll Strawberries **
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Mini-Corn Dogs Green Beans Pineapple WG cookie **

Walking Taco Refried Beans Mixed Fruit **
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Chicken Nuggets Broccoli w/ cheese Apple sauce Dinner roll **

2nd Option Menu Items Pizza, Bosco Sticks, or Sandwich rotated daily. Salads available upon request.
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Cheeseburger Whole Grain Bun Baked Fries Tropical Fruit **
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Popcorn Chicken Bowl Dinner Roll Applesauce **
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Meat and Cheese Nachos or Hot dog with Nachos Black Beans Pears **

Chicken Wrap Peaches Broccoli **

Bosco Sticks Marinara Sauce Green Beans Mixed Fruit **
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Additional Information please contact: Elaine Magers 419-992-4291 x118

Chicken Patty on Whole Grain Bun Corn Pears **
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Mini-Corn Dogs Baked Beans Strawberries Whole grain cookie **

Assorted pizza Green beans Peaches **
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Turkey Gravy Mashed Potatoes Dinner Roll Pineapple **

Calzone or Beef and cheese taco stick Corn Applesauce **

August 2018					
M	T	W	Th	F	S
		21	22	23	24
27	28	29	30	31	

September 2018					
M	T	W	Th	F	S
		4	5	6	7
	10	11	12	13	14
17	18	19	20	21	
24	25	26	27	28	

October 2018					
M	T	W	Th	F	S
		2	3	4	5
8	9	10	11	12	
15	16	17	18	19	
22	23	24	25	26	
29	30	31			

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

November 2018					
M	T	W	Th	F	S
			1	2	
5	6	7	8	9	
12	13	14	15	16	
19	20	21	22	23	
26	27	28	29	30	

December 2018					
M	T	W	Th	F	S
		3	4	5	6
10	11	12	13	14	
17	18	19	20	21	

January 2019					
M	T	W	Th	F	S
		7	8	9	10
14	15	16	17	18	
			23	24	25
28	29	30	31		

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.

February 2019					
M	T	W	Th	F	S
				1	
4	5	6	7	8	
11	12	13	14	15	
	19	20	21	22	
25	26	27	28		

March 2019					
M	T	W	Th	F	S
				1	
4	5	6	7	8	
11	12	13	14	15	
18	19	20	21	22	
25	26	27	28	29	

April 2019					
M	T	W	Th	F	S
1	2	3	4	5	
8	9	10	11	12	
15	16	17			
	23	24	25	26	
29	30				

There is NO charging.
Thanksgiving Dinner will be served on Thursday, November 15, 2018.

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

.This institution is an equal opportunity provider.

**Veggie Boat and Milk offered with meals
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The last week of school will be the cook's choice.
