





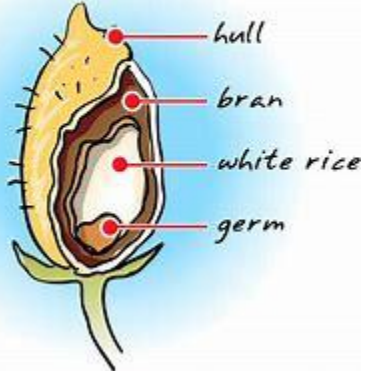
Breakfast Prices
Paid: \$1.25
Reduced: \$.30

Dalton Local School District Middle School Menu February 2019

Lunch Prices:
Paid: \$2.80
Reduced: \$.40
Extra
Entrée: \$1.50



Monday	Tuesday	Wednesday	Thursday	Friday
<div data-bbox="115 349 388 625" data-label="Image"> </div> <p data-bbox="63 657 430 803">This month's Harvest focuses on whole grains! We are proud that our food service selectively picks food items that are at least 51% whole grain.</p>	<p data-bbox="462 373 787 673">What makes whole grains so good for you? They are a good source of fiber and aid in digestion. Since they contain more of the outer coating of the grain called the "bran" and the nutritional part of the grain called the "germ", they take longer to break down and aid in helping your body digest the rest of your food.</p> <p data-bbox="483 706 766 787">They also contain complex carbohydrates, something your body uses for energy!</p>	<p data-bbox="819 373 1176 592">The American Dietary Guidelines suggest everyone eat at least 3 servings of whole grains daily! You can start out with having oatmeal for breakfast and can include whole grain breads and whole grain pastas for lunch and dinner.</p> <p data-bbox="819 625 1176 755">Whole grains have come a long way and don't taste bad at all. In fact, all of our pastries (donuts, pop tarts, etc.) are whole grains and they still taste delicious!</p> <p data-bbox="829 787 1165 868">Try some whole grains today! You might be surprised at how great they taste!</p>	<div data-bbox="1239 373 1554 771" data-label="Image"> </div>	<p data-bbox="1753 373 1869 397">Breakfast:</p> <p data-bbox="1680 406 1942 430">Breakfast Sliders²⁼²¹</p> <p data-bbox="1680 438 1942 462">Cinnamon Sliced Apples²²</p> <p data-bbox="1753 470 1869 495">Milk Choice</p> <p data-bbox="1774 495 1848 519">Lunch:</p> <p data-bbox="1732 527 1890 552">Entrée Pick One</p> <p data-bbox="1690 560 1932 584">Mini Meatball Subs,²⁼²²</p> <p data-bbox="1648 584 1974 609">Cheese Pizza⁴³ or Grilled Chicken</p> <p data-bbox="1732 609 1890 633">Garden Salad²²</p> <p data-bbox="1711 641 1911 665">Vegetable Pick Two:</p> <p data-bbox="1669 673 1953 698">Baked Beans¹⁸ or Salad Bar</p> <p data-bbox="1785 698 1837 722">Fruit:</p> <p data-bbox="1680 730 1942 755">Diced Pears¹⁴ or Salad Bar</p> <p data-bbox="1753 755 1869 779">Milk Choice</p>
<p data-bbox="420 909 441 933" style="text-align: right;">4</p> <p data-bbox="189 933 304 958">Breakfast:</p> <p data-bbox="63 966 430 990">Chocolate Filled Breakfast Croissant³⁷</p> <p data-bbox="84 990 430 1015">Diced Pears¹⁴ or Fresh Fruit Choice</p> <p data-bbox="220 1023 283 1047">Milk</p> <p data-bbox="210 1055 294 1079">Lunch:</p> <p data-bbox="210 1088 294 1112">Entrée:</p> <p data-bbox="73 1120 420 1144">Quesadilla³² w/Sour Cream³ or Big</p> <p data-bbox="73 1144 420 1169">Daddy's Cheese Pizza⁴³ or Goldfish</p> <p data-bbox="73 1169 420 1193">Fun Lunch w/Goldfish Crackers,</p> <p data-bbox="73 1193 420 1218">Cheese Stick, Fresh Fruit or Juice &</p> <p data-bbox="178 1226 315 1250">Vegetables²⁶</p> <p data-bbox="189 1258 304 1282">Vegetable:</p> <p data-bbox="105 1291 388 1315">Cowboy Corn²¹ or Salad Bar</p> <p data-bbox="220 1315 283 1339">Fruit:</p> <p data-bbox="84 1347 409 1372">Side Kicks Slushy²⁰ or Fresh Fruit</p> <p data-bbox="189 1372 304 1396">Milk Choice</p>	<p data-bbox="766 909 787 933" style="text-align: right;">5</p> <p data-bbox="577 933 693 958">Breakfast:</p> <p data-bbox="535 966 735 990">Mini Pillsbury Maple</p> <p data-bbox="567 990 693 1015">Pancakes²⁰</p> <p data-bbox="493 1023 777 1047">Juice²⁰ or Fresh Fruit Choice</p> <p data-bbox="609 1055 661 1079">Milk</p> <p data-bbox="588 1088 672 1112">Lunch:</p> <p data-bbox="588 1120 672 1144">Entrée:</p> <p data-bbox="483 1144 777 1169">Baked Chicken Tenders¹⁶ or</p> <p data-bbox="483 1169 777 1193">Bosco Sticks²⁸ w/Marinara</p> <p data-bbox="472 1193 787 1218">Sauce ¹⁰ or Ham & Cheese Sub</p> <p data-bbox="567 1226 693 1250">Sandwich³⁰</p> <p data-bbox="567 1258 693 1282">Vegetable:</p> <p data-bbox="504 1291 756 1315">Emoji Fries²⁰ & Salad Bar</p> <p data-bbox="598 1315 661 1339">Fruit:</p> <p data-bbox="493 1347 766 1372">Applesauce¹⁴ or Fresh Fruit</p> <p data-bbox="567 1372 693 1396">Milk Choice</p>	<p data-bbox="1165 909 1186 933" style="text-align: right;">6</p> <p data-bbox="945 933 1060 958">Breakfast:</p> <p data-bbox="840 966 1165 990">Go Big Strawberry Yogurt¹⁸ w/</p> <p data-bbox="850 990 1155 1015">Fresh Baked Cinnamon Roll¹⁹,</p> <p data-bbox="840 1023 1165 1047">Strawberry Cup²² or Fresh Fruit</p> <p data-bbox="966 1055 1039 1079">Choice</p> <p data-bbox="976 1088 1029 1112">Milk</p> <p data-bbox="966 1120 1039 1144">Lunch:</p> <p data-bbox="966 1144 1039 1169">Entrée:</p> <p data-bbox="850 1177 1176 1201">Hamburger¹ Bar w/Cheese¹,</p> <p data-bbox="840 1201 1186 1226">Lettuce, Bun¹⁹ Tomato Slices⁰ &</p> <p data-bbox="829 1226 1186 1250">Pickles⁰ or Big Daddy's Pepperoni⁴³</p> <p data-bbox="913 1250 1092 1274">or Chef Salad¹³</p> <p data-bbox="945 1282 1060 1307">Vegetable:</p> <p data-bbox="829 1315 1176 1339">Steamed Green Beans⁴ or Salad Bar</p> <p data-bbox="966 1347 1039 1372">Fruit:</p> <p data-bbox="829 1380 1176 1404">Mandarin Oranges²⁰ or Fresh Fruit</p> <p data-bbox="934 1404 1071 1429">Milk Choice</p>	<p data-bbox="1564 909 1585 933" style="text-align: right;">7</p> <p data-bbox="1333 933 1449 958">Breakfast:</p> <p data-bbox="1228 966 1554 990">French Toast Bites¹⁹ w/Syrup⁵¹</p> <p data-bbox="1218 990 1564 1015">Mixed Fruit¹⁴ or Fresh Fruit Choice</p> <p data-bbox="1365 1023 1417 1047">Milk</p> <p data-bbox="1354 1079 1428 1104">Lunch:</p> <p data-bbox="1354 1112 1428 1136">Entrée:</p> <p data-bbox="1218 1144 1564 1169">Turkey Gravy² or Cheese Pizza⁴³ or</p> <p data-bbox="1312 1169 1480 1193">Yogurt Parfait⁴⁶</p> <p data-bbox="1333 1201 1459 1226">Vegetable:</p> <p data-bbox="1228 1234 1554 1258">Mashed Potatoes¹⁵ or Salad Bar</p> <p data-bbox="1354 1266 1428 1291">Fruit:</p> <p data-bbox="1249 1299 1543 1323">Dried Craisins²⁶ or Fresh Fruit</p> <p data-bbox="1333 1331 1459 1356">Milk Choice</p>	<p data-bbox="1995 909 2016 933" style="text-align: right;">8</p> <p data-bbox="1753 933 1869 958">Breakfast:</p> <p data-bbox="1627 966 1995 990">Blueberry Cinnamon Twisted Stix²⁴</p> <p data-bbox="1627 990 1995 1015">Juice Choice²⁰ or Fresh Fruit Choice</p> <p data-bbox="1785 1023 1837 1047">Milk</p> <p data-bbox="1774 1055 1848 1079">Lunch:</p> <p data-bbox="1774 1088 1848 1112">Entrée:</p> <p data-bbox="1606 1120 2016 1144">Walking Taco³¹ w/Cheese, Pico De Gallo</p> <p data-bbox="1627 1144 1995 1169">& Greek Yogurt² or Personal Sausage</p> <p data-bbox="1638 1169 1984 1193">Pizza²⁶ or Grilled Chicken Garden</p> <p data-bbox="1753 1201 1858 1226">Salad²²</p> <p data-bbox="1753 1234 1869 1258">Vegetable:</p> <p data-bbox="1669 1266 1953 1291">Fiesta Beans²² or Salad Bar</p> <p data-bbox="1785 1299 1837 1323">Fruit:</p> <p data-bbox="1669 1331 1953 1356">Diced Pears¹⁴ or Fresh Fruit</p> <p data-bbox="1774 1364 1869 1388">Milk Choi</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">11</p> <p>Breakfast: Pillsbury Apple Frudel 36 Applesauce14 or Fresh Fruit Choice Milk Choice Lunch: Entrée: Fry Day! Baked Chicken Fries7=14 & Baked Funnel Cake Fries10=26 or Pizza Bites29 or Pizza Flatbread Lunchable33 Vegetable: Oven Baked Fries17 & Salad Bar Fruit: Mixed Fruit Cup22 or Fresh Fruit Milk Choice</p>	<p style="text-align: right;">12</p> <p>Breakfast: French Toast Sticks28 w/Turkey Sausage Patty1 & Syrup51 (Sugar Free Available Upon Request)9 Mixed Fruit22 or Fresh Fruit Choice Milk Choice Lunch: Entrée: Hot Dog Bar24 w/Coney Sauce7, Shredded Cheddar Cheese2, Diced Onions0, Banana Peppers0 & Relish0 or Fiesta Pizza38 or Yogurt Parfait 46 Vegetable: Baked Beans29 or Salad Bar Fruit: Side Kicks Slushy20 or Fresh Fruit Milk Choice</p>	<p style="text-align: right;">13</p> <p>Breakfast: Sausage Pancake Wrap23 w/Syrup51 (Sugar Free Available)9 Assorted Juice20 or Fresh Fruit Choice Milk Lunch: Entrée: Firecracker Chicken Bites35 Over Brown Rice37 & Fortune Cookie7 or Big Daddy Cheese Pizza43 or Breakfast Fun Lunch62 Vegetable: Steamed Broccoli3 or Salad Bar Fruit: Diced Pears14 or Fresh Fruit Milk Choice</p>	<p style="text-align: right;">14</p> <p>Breakfast: Pillsbury Mini Strawberry Pancakes40 Diced Peaches13 & Fresh Fruit Milk Lunch: Entrée: Mashed Potato Bowl1/2 cup=15 w/Popcorn Chicken20 or Pepperoni Calzone32 or Italian Combo Sub29 Vegetable: Mashed Potatoes15 w/Gravy4, Steamed Corn17 or Salad Bar Fruit: Mixed Fruit22 or Fresh Fruit Milk Choice</p>	<p style="text-align: right;">15</p> <div style="text-align: center;">  </div>
<p style="text-align: right;">18</p> <p style="text-align: center;">No School Today</p> <div style="text-align: center;">  </div>	<p style="text-align: right;">19</p> <p>Breakfast: Cinni Mini40 Diced Pears14 Milk Choice Lunch: Entrée: Santa Fe Beefy Pasta47, Personal Pizza26 or Ham & Cheese Sub Sandwich25 Vegetable: Peas & Carrots4 or Salad Bar Fruit: Strawberry Cup22 or Fresh Fruit Milk Choice</p>	<p style="text-align: right;">20</p> <p>Breakfast: Pillsbury Mini Waffles37 Assorted Fruit Juice20 Milk Choice Lunch: Entrée Pick One Chili Cheese Tots21 w/Pepperidge Farm Goldfish Graham19, Hawaiian Pizza45 or Chef Salad13 Vegetable Pick Two: Tater Tots16 or Salad Bar Fruit: Apple Slices12 or Fresh Fruit Milk Choice</p>	<p style="text-align: right;">21</p> <p>Breakfast: Sausage, Egg & Cheese on a Bun25 Strawberry Cup22 Milk Choice Lunch: Entrée Pick One Nacho Bar33, Max Sticks32 w/Marinara10 or Turkey & Cheese on a Bun29 Vegetable Pick Two: Fiesta Beans22 or Salad Bar Fruit: Banana27 or Fresh Fruit Milk Choice</p>	<p style="text-align: right;">22</p> <p>Breakfast: Whole Grain Donut59 Fresh Fruit20 or Assorted Fruit Juice Milk Choice Lunch: NEW ITEM! Entrée Pick One Chicken & Waffles – Boneless Wings10 w/1/2 a Belgium Waffle7 Drizzled with Maple Syrup51, BBQ Chicken Pizza36 or Grilled Chicken Garden Salad22 Vegetable Pick Two: Potato Coins17 or Salad Bar Fruit: Diced Peach Cup19 or Fresh Fruit Milk Choice</p>
<p style="text-align: right;">25</p> <p>Breakfast: Fresh Baked Ultimate Breakfast Rounds43 Peach Cup19 Milk Choice Lunch: Entrée Pick One: Grilled Cheese31 w/Tomato Soup20, Whole Grain Max Stix16 w/Marinara10 or WOW Butter Lunchable18 Vegetable: Tater Tots16 or Salad Bar Fruit: Applesauce14 or Fresh Fruit Milk Choice</p>	<p style="text-align: right;">26</p> <p>Breakfast: Mini Cinnamon French Toast37 Applesauce 14 Milk Choice Lunch: Entrée Pick One Scrambled Eggs3 w/Cheese3 & Mini Blueberry Pancakes34, Meat Lovers Pizza43 or Yogurt Parfait46 Vegetable Pick Two: Hash Brown15, Cold Vegetable Medley4 or Salad Bar Fruit: Mixed Fruit Cup22 or Fresh Fruit Milk Choice</p>	<p style="text-align: right;">27</p> <p>Breakfast: Pancake Wrap w/Syrup23 Assorted Juice20 Milk Choice Lunch: Entrée Pick One Hot Italian Sandwich29 w/Baked Chips19, Pepperoni Pizza43 or Breakfast Fun Lunch53 Vegetable Pick Two: Steamed Green Beans2, Cold Mixed Veggies4, Cold Sandwich Bar or Salad Bar Fruit: Grapes16 or Fresh Fruit Milk Choice</p>	<p style="text-align: right;">28</p> <p>Breakfast: French Toast Sticks28 (Syrup 51) w/Sausage0 Fresh Fruit or Orange Slices21 Milk Choice Lunch: Entrée: Macaroni & Cheese1 cup=33, Bosco Sticks28 w/Marinara Sauce10 or Italian Combo Sub32 Vegetable: Peas and Carrots4, Cole Slaw17 or Salad Bar Fruit: Banana27 or Fresh Fruit Milk Choice</p>	<p style="text-align: center;">whole rice grain</p> <div style="text-align: center;">  </div>

This facility is an equal opportunity provider. Meals subject to change due to product availability and inclement weather.