

# North East Middle School—Breakfast



# **JANUARY 2024**

BREAKFAST PRICES
Students—No Charge
Adults—\$1.75

Please choose 3 items for school breakfast: Entrée, OR Cereal and Toast, OR Yogurt and Toast, AND Choice of Fruit & Milk

Milk Choices: Fat Free & 1% White, Fat Free Chocolate, and Seasonal Selections

### **Denise Pyle**

Food Service Director North East School District

**MENU SUBJECT TO CHANGE** 



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Monday	Tuesday	Wednesday	Thursday	Friday
Langu New Year No School Today	<b>2</b> Breakfast Pretzel: Sausage, Egg, & Cheese Assorted Fruit Fruit Juice & Milk	<b>3</b> Pancakes with Syrup Assorted Fruit Fruit Juice Milk	<b>4</b> Breakfast Pizza: Bacon Scramble Assorted Fruit Fruit Juice Milk	<b>5</b> Breakfast Sandwich: Bacon, Egg, & Cheese Assorted Fruit Fruit Juice Milk
<b>8</b> French Toast Sticks with Syrup Assorted Fruit Fruit Juice Milk	<b>9</b> Bagel Sandwich: Ham, Egg, & Cheese Assorted Fruit Fruit Juice Milk	<b>10</b> Breakfast Pizza: Traditional Assorted Fruit Fruit Juice Milk	<b>11</b> Waffle Sandwich: Egg & Cheese Assorted Fruit Fruit Juice Milk	<b>12</b> Cinnamon Roll & Yogurt Assorted Fruit Fruit Juice Milk
15 Teacher Work Day No School Today	<b>16</b> English Muffin Sandwich: Sausage, Egg, & Cheese Assorted Fruit Fruit Juice & Milk	17 Bagel with Cream Cheese Assorted Fruit Fruit Juice Milk	<b>18</b> Pancake Sandwich: Ham, Egg, & Cheese Assorted Fruit Fruit Juice Milk	<b>19</b> Cinnamon Roll & Yogurt Assorted Fruit Fruit Juice Milk
<b>22</b> Fruit Frudel Assorted Fruit Fruit Juice Milk	<b>23</b> Breakfast Pretzel: Ham, Egg, & Cheese Assorted Fruit Fruit Juice Milk	<b>24</b> Pancake Crunch Sandwich Assorted Fruit Fruit Juice Milk	<b>25</b> Bagel Sandwich: Egg & Cheese Assorted Fruit Fruit Juice Milk	<b>26</b> French Toast Sticks with Syrup Assorted Fruit Fruit Juice Milk
<b>29</b> Pancakes with Syrup Assorted Fruit Fruit Juice Milk	<b>30</b> Breakfast Pretzel: Egg & Cheese Assorted Fruit Fruit Juice Milk	<b>31</b> Breakfast Pizza: Bacon & Egg Assorted Fruit Fruit Juice Milk		

<u>Daily breakfast options</u>: Whole Grain Toast, Cold Cereals, Pop Tarts, Whole Grain Mini Loaves, Fresh Fruit & Fruit Juice.

All reimbursable breakfasts must include one serving of fruit. One serving of fruit equals 1/2 cup.

The USDA is an equal opportunity provider and employer.



# North East Middle School—Lunch





## **Lunch Prices**

Students-\$2.15 Reduced and Free-No Charge Adults-\$4.00

### PLEASE CHOOSE AT LEAST 3 OF THE 5 ITEMS FOR THE SCHOOL LUNCH PRICE:

Main Entree, Fruit & Vegetable Choice, Choice of Milk & Bread (One Choice Must be a 1/2 Cup Fruit or Vegetable)

## Fruit Choices May Include:

Fresh Fruit, Canned Fruit, or Fruit Juice

Vegetable Choices May Include: Hot Vegetables, Spinach Salad, Baked Beans, Carrot Sticks, Celery Sticks, Oven Fries, or Tater Tots

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#### Tuesday **Monday**

#### Taco Wrap Homestyle Pizza Zesty Baked Beans Sidewinders Chilled Fruit and Milk

9

Breakfast For Lunch:

Pancakes & Sausage

Breakfast Pizza

Potato Triangles

Sweet Tasty Corn

Awesome Fruit & Milk

16

Walking Taco with Roll

Buffalo Chicken Pizza

Garden Side Salad

Winter Mixed Veggies

Assorted Fruit and Milk

#### Pasta and Meatsauce with Roll Turkey & Cheese Sub Sweet Peas Seasoned Carrots Healthy Fruit and Milk

10

Taco Fries & Rolls

Mexican Pizza

Seasoned Green Beans

Golden Corn

Vitamin Packed Fruit & Milk

17

Meaty Meatball Sub

Steamed Broccoli

Corn "Off-the-Cob"

Delicious Fruit and Milk

Wednesday

#### Picker Bowl with Roll Mexican Pizza Mashed Potatoes & Gravy Golden Corn Fabulous Fruit and Milk

11

Mexican Pasta Bake & Roll

Grilled Chicken Club Sandwich

Pepperoni Pizza

Garden Sweet Peas

Honey Glazed Carrots

Cool Fruit and Milk

18

**Thursday** 

## Hamburger on a Bun Pepperoni Pizza Mixed Veggies

**Friday** 

**Baby Carrots** Super Fruit and Milk

12

Cheeseburger on a Bun Deep Dish Pizza **Baked Beans** Flavorful Green Beans Wonderful Fruit and Milk

#### Mini Ravioli w/Meatballs & Roll Sriracha Honey Chicken & Rice Pepperoni Pizza Seasoned Green Beans Homestyle Baked Beans Good for You Fruit and Milk

Grilled Cheese Sandwich Deep Dish Pizza Tasty Tomato Soup Mixed Veggies Mighty Fruit and Milk

19

24



Cheesy Logs with Marinara Seasoned Broccoli

Hot Salisbury Steak Sandwich Mashed Potatoes and Gravv Fancy Fruit and Milk

25 Taco Nachos

Ham & Cheese Croissant Maple Sweet Carrots Golden Corn Power Fruit and Milk

26

Cheesy Macaroni & Beef w/ Dinner Roll Turkey & Cheese Sub Mixed Vegaies Seasoned Green Beans Fruit and Milk Selections

29

No School Today

Chicken Nuggets & Roll

Buffalo Chicken Pizza

Au Gratin Potatoes

**Bold Broccoli** 

Nutritious Fruit and Milk

15

**Teacher Work Day** 

No School Today

22

Chicken Tenders & Roll

BBQ Rib Sandwich

Au Gratin Potatoes

Zesty Baked Beans

Terrific Fruit and Milk

Chicken Nuggets & Roll Cheeseburger on a Bun Sidewinders Zesty Baked Beans Chilly

30

Picker Bowl with Roll Deep Dish Pizza Mashed potatoes & Gravv Corn Kernels Fantastic Fruit and Milk

Walking Taco with Roll Buffalo Chicken Pizza Side Tossed Salad Steamed Broccoli Wonderful Fruit and Milk

Offered Daily: Salad Bar or Pre-Packaged Salads, Yogurt Parfait Lunch, Assorted Vegetables, Fresh Fruit, Milk All reimbursable lunches must contain on serving fruit or vegetable. One serving equals 1/2 cup. The USDA is an equal opportunity provider and employer.