Pulaski County School Nutrition
Middle School Lunch Menu
JANUARY 2017

6-8 Students are offered at least 2 fruit choices daily and may choose a ½ cup serving

All students are encouraged to have breakfast & lunch at school every day.
If you have questions about the school nutrition program, call 540 994-2523 "Menu subject to Change"

Online prepay: myschoolbucks.com **Meal Prices 6-8** **Lunch: $1.85** **Reduced: $.40** **Adult: $2.70**		**4 PMS: Deli Sub Line w/ Tomato Soup/Goldfish** **Hamburger/Bun or** **Fish Fillet/Bun WG** **Lettuce/Tomato Slice** **Tomato Soup** **Vegetable Medley** **Goldfish Crackers** **Fruit Selection**	**5 PMS:** *No Deli Sub* **Pepperoni Pizza WG** **Cheese Pizza WG** **Uncrustable w/Cheese Stick & Graham Cracker** **Baby Carrots/Dip** **Broccoli & Cheese** **Fruit Selection (includes fresh fruit selection)**	**6 PMS:** *No Deli Sub* **Mini Corndog Nuggets WG or** **Pork BBQ/Bun WG** **Cole Slaw** **Potato Smiles** **Baked Beans** **Fruit Selection**
9 PMS: Deli Sub Line w/ Crinkle Cut Potatoes **Fish Fillet Sandwich WG** **Ribaque w/Sliced Mozzarella/Bun WG** **Dills Chips** **Crinkle Cut Potatoes** **Pinto Beans** **Fruit Selection**	**10 PMS:** *No Deli Sub* **Pepperoni Pizza or** **Cheese Pizza WG** Uncrustable w/Cheese Stick **Fresh Veggies w/** **Ranch Dressing** **Green Beans** **Fruit Selection**	**11 PMS: Deli Sub Line w/ Baby Carrots and Doritos** **Parmesan Chicken w/** **Fresh Baked Roll or** **Grilled Chicken Sandwich** **Italian Pasta** **Garden Salad w/ Dressing** **Baby Carrots** **Fruit Selection**	**12 PMS:** *No Deli Sub* Popcorn Chicken WG w/Dipping Sauce or Uncrustable w/Cheese Stick & Graham Cracker **Creamed Potatoes** **Broccoli Salad** **Fruit Selection** **Delicious Baked Roll**	**13 PMS: Deli Sub Line w/ Corn & Doritos** **Taco (lettuce/cheese)** **Taco Wrap or** **Pork BBQ/Bun WG** **Shredded Romaine** Diced Tomatoes/Ranch Dressing **Steamed Corn** **Frozen Fruit SideKick or** **Fruit Selection**
16 **Martin Luther King, Jr. Day** **Schools Closed**	**17 PMS:** *No Deli Sub* Salisbury Steak w/Gravy Uncrustable w/Cheese Stick **Creamed Potatoes** **Steamed Broccoli w/** **Cheese Sauce** **Fruit Selection**	**18 PMS: Deli Sub Line w/ Sweet Potato Puffs** **Chili/Chips & Cheese** **Fish Fillet/Bun** **Lettuce/Tomato Salad/Ranch** **Sweet Potato Puffs** Fruit Selection or Fresh Fruit	**19 PMS:** *No Deli Sub* **Pepperoni Calzones** Uncrustable w/Cheese Stick & Graham Cracker **Garden Salad w/Dressing** **Steamed Corn** **Apple Crisp or** **Fruit Selection**	**20 PMS: Deli Sub Line w/ Potato Smiles** **Hotdog/Chili/Onions** **Pork BBQ/Bun WG** **Cole Slaw** **Potato Smiles** **Baked Beans** **Fruit Selection**
23 PMS: Deli Sub Line w/ Crinkle Cut Potatoes **Hamburger/Bun WG** **Fish Sandwich WG** **Lettuce/Tomato/Dills** **Crinkle Cut Potatoes** **Fruit Selection (includes fresh fruit selection)**	**24 PMS:** *No Deli Sub* Popcorn Chicken WG w/Dipping Sauce or Uncrustable w/Cheese Stick **Creamed Potatoes** **Seasoned Peas** **Fruit Selection** **Delicious Roll WG**	**25 PMS:** *No Deli Sub* **Spaghetti Sauce** **w/ Mozzarella & Garlic** **Bread** **Extreme Burrito** **Green Beans** **Baby Carrots** **Fruit Selection**	**26 PMS:** *No Deli Sub* **Pepperoni or Cheese Pizza** Uncrustable w/Cheese Stick & Graham Cracker **Steamed Carrots** **Yellow Corn** **Fruit Selection (incl. fresh fruit selection)**	**27 PMS: Deli Sub Line w/ Pinto Beans** **Golden Corndog WG or** **Pork BBQ/Bun WG** **Cole Slaw** **Pinto Beans** **Seasoned Greens w/ Vinegar** **Fruit Selection**
30 PMS: Deli Sub Line w/ Steamed Carrots & Doritos Grilled Chicken/Bun WG /lettuce or BBQ Chicken/Bun WG Steamed Carrots Seasoned Green Beans Macaroni & Cheese Fruit Selection	**31 PMS:** *No Deli Sub* **Maxi Cheese Sticks** **Uncrustable w/ Cheese Stick** **Tomato Soup** **Goldfish Crackers** **Vegetable Medley** **Fruit Selection**			

- **Dublin Middle School – Salad Bar is available Monday-Friday including Grain and ½ c. serving of fruit**
- **Milk available with all meals: 8 ounces -- 1% unflavored or Skim Flavored or Unflavored**

2016.2017 Non Disc Statement

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Pulaski County School Nutrition – Middle School Breakfast Menu – January 2017

Students may choose up to 1 cup of Fruit and/or Juice for Breakfast

BREAKFAST MEAL PRICE FOR GRADES K-12 – FULL PRICE $1.15 –REDUCED PRICE $.0 *MENUS ARE SUBJECT TO CHANGE*

- ✓ A variety of Cereal is offered daily which includes: Oatmeal, Cereal Bowls and Cereal bars
- ✓ Flavored Fat-free and 1% unflavored 8oz bottles of milk are always offered with breakfast
- ✓ Pillsbury Selection includes Cinni Mini's, Mini Pancakes, Mini Waffles, Strawberry Bagels, Mini French Toast

		4 Choose One Breakfast Pizza Pillsbury Selection Cereal & Trix Yogurt Select 1 or 2 Servings -Assorted Fruit or 1 serving of 100% Juice and ½ c Fruit	5 Choose One Blueberry or Chocolate Chip Muffin & Yogurt Cereal & Pop tart Glazed Donut Ring WG Select 1 or 2 Servings-Assorted Fruit or 1 serving of 100% Juice and ½ c Fruit	6 Choose One Cereal & Scooby Bones Dutch Waffle Biscuit w/ Jelly Scrambled Eggs w/ Biscuit w/ Jelly Select 1 or 2 Servings-Assorted Fruit or 1 serving of 100% Juice and ½ c Fruit
9 Choose One Biscuit & Gravy Chicken Biscuit Cereal & Cheese Stick Glazed Donut Ring Select 1 or 2 Servings- Assorted Fruit or 1 serving of 100% Juice and ½ c Fruit	10 Choose One Dutch Waffle Egg & Cheese Slider Cereal & Cheese Stick Fruit Parfait w/ Granola Select 1 or 2 Servings-Assorted Fruit or 1 serving of 100% Juice and ½ c Fruit	11 Choose One Breakfast Pizza Pillsbury Selection Cereal & Cheese Stick Select 1 or 2 Servings -Assorted Fruit or 1 serving of 100% Juice and ½ c Fruit	12 Choose One Blueberry or Chocolate Chip Muffin & Yogurt Cereal & Pop tart Glazed Donut Ring WG Select 1 or 2 Servings-Assorted Fruit or 1 serving of 100% Juice and ½ c Fruit	13 Choose One Cereal & Scooby Bones Breakfast Bites w/ Syrup Biscuit w/ Jelly Scrambled Eggs w/ Biscuit w/ Jelly Select 1 or 2 Servings-Assorted Fruit or 1 serving of 100% Juice and ½ c Fruit
16 Schools Closed Martin Luther King, Jr.	17 Choose One Breakfast Bites w/ Syrup Egg & Cheese Slider Cereal & Cheese Stick Fruit Parfait w/ Granola Select 1 or 2 Servings-Assorted Fruit or 1 serving of 100% Juice and ½ c Fruit	18 Choose One Breakfast Pizza Pillsbury Selection Cereal & Trix Yogurt Select 1 or 2 Servings -Assorted Fruit or 1 serving of 100% Juice and ½ c Fruit	19 Choose One Blueberry or Chocolate Chip Muffin & Yogurt Cereal & Pop tart Glazed Donut Ring WG Select 1 or 2 Servings-Assorted Fruit or 1 serving of 100% Juice and ½ c Fruit	20 Choose One Cereal & Scooby Bones Dutch Waffle Biscuit w/ Jelly Scrambled Eggs w/ Biscuit w/ Jelly Select 1 or 2 Servings-Assorted Fruit or 1 serving of 100% Juice and ½ c Fruit
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30 Choose One Biscuit & Gravy Chicken Biscuit Cereal & Cheese Stick Glazed Donut Ring Select 1 or 2 Servings- Assorted Fruit or 1 serving of 100% Juice and ½ c Fruit	31 Choose One Dutch Waffle Egg & Cheese Slider Cereal & Cheese Stick Fruit Parfait w/ Granola Select 1 or 2 Servings-Assorted Fruit or 1 serving of 100% Juice and ½ c Fruit	Grab n Go Breakfast Programs at Dublin and Pulaski Middle Schools Students may choose a **GRAB-N-GO Breakfast beginning at 8:15 every morning**. Students are **offered up to 3 choices daily** which may be a combination of the following options: **1.** Uncrustable **2.** Glazed Donot Ring **3.** Cereal Bar & Yogurt or Cereal Bar & Cheese Stick **4.** Egg n Cheese Slider **5.** Blueberry or Choc Muffin w/Cheese Stick **6.** Poptart & Yogurt **7.** Uncrustables (Peanut Butter & Jelly) everyday. **All breakfast meals include 8oz. of flavored or unflaved fat-free milk and up to 1 cup of fruit and/or juice.**		

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