

SAILORWAY MIDDLE SCHOOL CYCLE MENU 2017-2018

WEEK 1

Chicken Nugget w/Roll
Baked Smiley Fries
Steamed Broccoli
Assorted Fruit
Assorted Fresh Vegetables
Alternate Choice
PBJ & Assorted Cold Sandwiches

Bosco Cheese Sticks w/
Marinara Sauce
Fresh Romaine Salad w/Tomato
Assorted Fruit
Assorted Fresh Vegetables
Alternate Choice
PBJ & Assorted Cold Sandwiches

Ravioli w/Meat Sauce
Dinner Roll
Green Beans
Tossed Salad
Assorted Fruit
Assorted Fresh Vegetables
Alternate Choice
PBJ & Assorted Cold Sandwiches

Grilled Cheese Sandwich
Tomato Soup w/
Goldfish Crackers
Fresh Celery & Carrot Sticks
Assorted Fruit
Alternate Choice
PBJ & Assorted Cold Sandwiches

Mini Corn Dogs
Bean Salad
Fries
Assorted Fruit
Assorted Fresh Vegetable
Alternate Choice
PBJ & Assorted Cold Sandwiches

WEEK 2

Chicken Tenders w/ roll
Fries
Baked Beans
Assorted Fruit
Assorted Fresh Vegetables
Alternate Choice
PBJ & Assorted Cold Sandwiches

“Domino’s Pizza
Fresh Tossed Salad
Assorted Fresh Vegetables
Assorted Fruit
Alternate Choice
PBJ & Assorted Cold Sandwiches

Waffelicious Waffle
Hash Brown
Assorted Fresh Vegetables
Assorted Fruit
Alternate Choice
PBJ & Assorted Cold Sandwiches

Mozzarella Sticks w/ Marinara
Fresh Salad
Steamed Broccoli
Assorted Fresh Vegetables
Assorted Fruit
Alternate Choice
PBJ & Assorted Cold Sandwiches

General Tso Chicken
Brown Rice
Assorted Fresh Vegetables
Assorted Fruit
Alternate Choice
PBJ & Assorted Cold Sandwiches

WEEK 3

Chicken Sticks w/ Roll
Baked Smiley Fries
Glazed Carrots
Assorted Fresh Vegetables
Assorted Fruit
Alternate Choice
PBJ & Assorted Cold Sandwiches

Cheese or Pepperoni Pizza
California Blend
Tossed Salad
Assorted Fresh Vegetables
Assorted Fruit
Alternate Choice
PBJ & Assorted Cold Sandwiches

French Toast Sticks
Sausage
Hash Browns
Assorted Fresh Vegetables
Assorted Fruit
Alternate Choice
PBJ & Assorted Cold Sandwiches

Walking Taco w/ WG Chips
Seasoned Corn
Black Beans
Lettuce and Tomato Cups
Assorted Fresh Vegetables
Assorted Fruit
Alternate Choice
PBJ & Assorted Cold Sandwiches

Toasted Ham and Cheese
Baked Beans
Cheez-it Crackers
Coleslaw
Assorted Fresh Vegetables
Assorted Fruit
Alternate Choice
PBJ & Assorted Cold Sandwiches

WEEK 4

Popcorn Chicken Bites w/Roll
Mashed Potato & Gravy
Steamed Carrots
Assorted Fresh Vegetables
Assorted Fruit
Alternate Choice
PBJ & Assorted Cold Sandwiches

“Pizza Hut” Pizza
Triangle Potato
Tossed Salad
Assorted Fresh Vegetables
Assorted Fruit
Alternate Choice
PBJ & Assorted Cold Sandwiches

Baked Mac & Cheese
Baked Pretzel
Steamed Broccoli
Assorted Fresh Vegetables
Assorted Fruit
Alternate Choice
PBJ & Assorted Cold Sandwiches

Chicken Patty on a WG Bun
Baked Potato Smiles
Fresh Celery w/“Wow” peanut
butter
Assorted Fresh Vegetables
Assorted Fruit
Alternate Choice
PBJ & Assorted Cold Sandwiches

Sloppy Joe on WG Bun
Baked Beans
Coleslaw
Assorted Fresh Vegetables
Assorted Fruit
“Despicable Me” Crackers
Alternate Choice
PBJ & Assorted Cold Sandwiches

WEEK 5

Grilled Chicken Bites
Seasoned Fries
Steamed Carrots
Assorted Fresh Vegetables
Assorted Fruit
Alternate Choice
PBJ & Assorted Cold Sandwiches

French Bread Pizza
Triangle Potato
Fresh Romaine Salad w/Cheese
Assorted Fresh Vegetables
Assorted Fruit
Granola Bar
Alternate Choice
PBJ & Assorted Cold Sandwiches

Salisbury Steak w/ Roll
Mashed Potatoes
Green Beans
Tossed Salad
Assorted Fresh Vegetables
Assorted Fruit
Alternate Choice
PBJ & Assorted Cold Sandwiches

Cheeseburger on a WG Bun
Seasoned Fries
Carrot Sticks w/ Dip
Assorted Fresh Vegetables
Assorted Fruit
Alternate Choice
PBJ & Assorted Cold Sandwiches

Hot Dog on a WG Bun
Baked Season Fries
Baked Beans
Assorted Fresh Vegetables
Assorted Fruit
“Despicable Me” Crackers
Alternate Choice
PBJ & Assorted Cold Sandwiches

AUGUST						
S	M	T	W	T	F	S
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27	28	29	30	31		

SEPTEMBER						
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OCTOBER						
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NOVEMBER						
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DECEMBER						
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JANUARY						
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FEBRUARY						
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MAY						
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JUNE						
S	M	T	W	T	F	S
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