

LUNCH

Cycle Menu 2014

SAILORWAY MIDDLE SCHOOL

* Indicates Whole Grain Product
SMS is a Peanut Butter Free Kitchen. Soy Wow Butter is used.

1% and Skim Milk Offered Daily

Vegan, Vegetarian, and Gluten Free options are available. Contact the Cafeteria Manager for details.

Vermilion Students enjoy healthy meals that meet the National School Lunch Program. Meals must include meat/meat Alternatives, whole grains, fruit, vegetable and milk. Students must select 3 of the 5 components and one must be a fruit or vegetable

* Monday

* Tuesday

* Wednesday

* Thursday

* Friday

W1

*Chicken Patty on Bun
CHOOSE 3 more items:
Seasoned Spiral Potatoes
Freestone Peaches
Black Bean Salsa
Garden side Salad
Fresh Seasonal Fruit

*Sliced Pepperoni or Cheese Pizza
Choose 3 more items
Popeye side Salad
Tropical fruit cups
Steamed California Blend
Fresh Seasonal Fruit
Carrot sticks w/ hummus

Salisbury Steak
CHOOSE 3 more items
Mashed Potatoes LS
Caesar Side Salad
Fresh Juicy Grapes
Parisian Carrots
Applesauce Cups

*Bosco Cheese Sticks
With Marinara sauce
Choose 3 more items:
Fresh Veggie Boats / LF ranch
Diced Pears / S.F Lime Jell-O
Roasted Vegetables w/ olive oil
Seasonal Fresh Fruit
Tossed Romaine Salad

*Buffalo Chicken Wraps
Choose 2 More Items:
Tossed Salad with Cukes & chick
peas
Northwest Steamed Veggies
Seasonal Fresh Fruit
Pineapple tidbits
Carrot Sticks w/ Hummus

W2

*Cinnamon French Toast Sticks
Syrup cups 1 oz.
CHOOSE 3 more items:
Baked Potato Stars
Turkey Sausage Link
100 % assorted Juices
Raisins
Fresh Seasonal Fruit

*DOMINOS Smart Pizza
CHOOSE 3 more items:
Side Garden Salad
Dragon Punch
Fresh Melons
Seasoned Green Beans
Baby Carrots w/ Hummus

**"Rachael Ray's" Cheesy Mac and Trees
CHOOSE 3 more items:
Steamed Broccoli OR
Broccoli Florets with LF ranch
Juicy Grapes
Side Garden Salad
Mixed Fruit cups LS

*Open Face Sloppy Joes
CHOOSE 3 more items:
Baked Smiley Potatoes
Roasted Corn
Fresh Veggie Boats
Fresh Oranges
Side Kick Juices

*Crunchy Popcorn Chicken
LF Ranch
CHOOSE 3 more items:
Fresh Watermelon Chunks
Diced Pears
Chipotle / Cinnamon Sweet Potato Puffs
Fresh Sugar Snap Peas
Caesar Side Salad

W3

*Savory Grilled Chicken Patties or Boca
Patties on Bun
CHOOSE 3 more Items:
Romaine & Tomato slices
Fresh Strawberries
Freestone Peaches
Italian Roasted Green Beans in Olive
OIL

*Sliced Pepperoni or Cheese Pizza
CHOOSE 3 more items:
Fresh Pineapple / blueberry cups
Glazed Carrots
100% assorted Juice cups
Garden Side Salad
Fresh Cucumber Slices

Roasted Turkey Hot Dog
On *Bun
Kellogg's "BUG Bites"
CHOOSE 3 more items"
Maple Baked Beans
Mediterranean Quinoa Salad
Fresh veggie boat
Raisins

Taco Salad w/ *Tortilla chips
CHOOSE 3 more items:
Shredded Romaine & LF Cheese cups
Fresh Broccoli Florets w/ LF Ranch
Mexican Corn
Petite Banana
Mandarin Oranges

*Chicken Nuggets w/ LF Ranch
CHOOSE 3 more items:
Roasted Caribbean Vegetables
Confetti Pears
Baked Ranch Fries
Baby Carroteenies w/ hummus
Pasta Salad with fresh veggies

W4

*Grilled Cheese
*Kellogg's Cheese it crackers
CHOOSE 3 more items:
Tomato Soup
Steamed Garden Peas
Warm Apple Slices
100 % assorted juice cups
Side Garden Salad

*DOMINOS Smart Slice Pizza
CHOOSE 3 more items:
Popeye Salad
Fresh Melons
Tropical fruit cups
Fresh Veggie Boats with LF Ranch or
Hummus

Roasted Turkey & Gravy
CHOOSE 3 more items:
LS Mashed Potatoes
Side Caesar Salad
Brussel Sprouts roasted in Olive Oil
Blushing Pears
Fresh Strawberries & blueberries

Hamburger on * Bun
CHOOSE 3 More items:
Seasoned Waffle Fries
Key West Steamed Veggies
Quinoa Salad
Romaine lettuce w/ Tomato slices
Fresh Seasonal Fruit

*Mini Corn Dog Nuggets
CHOOSE 3 More items:
Freestone Peaches
Creamy Cole Slaw w/ Kale
Baked Beans
Fresh Celery Sticks
Dragon Punch

Breakfast

Pancake Wrap w/Maple Sausage Link
or* Kelloggs Cereal w*Graham

Breakfast Pizza
*Sausage and Gravy or
*Bacon, Egg & Cheese

*Cooks Choice

*Waffle Sticks or * Mini
Pancakes

* Assorted Kelloggs Cereal w/
Choice of
*Muffin or Graham, or Hard
Boiled Egg