

Middle School Breakfast Menu

May 2017

Monday 5/1 Today's Special	Tuesday 5/2 Today's Special	Wednesday 5/3 Today's Special	Thursday 5/4 Today's Special	Friday 5/5 Today's Special
Whole Grain French Toast Sticks Warm Syrup Fruit Selection Milk	Fresh Baked Muffin Fruit Selection Milk	Scrambled Eggs Wheat Toast Breakfast Fruit Selection Milk	Whole Grain Cinnamon Bun Fruit Selection Milk	Fresh Bagel & Cream Cheese Fruit Selection Milk
Monday 5/8 Today's Special	Tuesday 5/9 Today's Special	Wednesday 5/10 Today's Special	Thursday 5/11 Today's Special	Friday 5/12 Today's Special
Whole Grain French Toast Sticks Warm Syrup Fruit Selection Milk	Fresh Baked Muffin Fruit Selection Milk	Scrambled Eggs Wheat Toast Breakfast Fruit Selection Milk	Whole Grain Cinnamon Bun Fruit Selection Milk	Fresh Bagel & Cream Cheese Fruit Selection Milk
Monday 5/15 Today's Special	Tuesday 5/16 Today's Special	Wednesday 5/17 Today's Special	Thursday 5/18 Today's Special	Friday 5/19 Today's Special
Whole Grain French Toast Sticks Warm Syrup Fruit Selection Milk	Fresh Baked Muffin Fruit Selection Milk	Scrambled Eggs Wheat Toast Breakfast Fruit Selection Milk	Whole Grain Cinnamon Bun Fruit Selection Milk	Fresh Bagel & Cream Cheese Fruit Selection Milk
Monday 5/22 Today's Special	Tuesday 5/23 Today's Special	Wednesday 5/24 Today's Special	Thursday 5/25 Today's Special	Friday 5/26 Today's Special
Whole Grain French Toast Sticks Warm Syrup Fruit Selection Milk	Fresh Baked Muffin Fruit Selection Milk	Scrambled Eggs Wheat Toast Breakfast Fruit Selection Milk	Whole Grain Cinnamon Bun Fruit Selection Milk	Fresh Bagel & Cream Cheese Fruit Selection Milk
Monday 5/29 Memorial Day	Tuesday 5/30 Today's Special	Wednesday 5/31 Today's Special		
In remembrance of those who have sacrificed all for our country	Fresh Baked Muffin Fruit Selection Milk	Scrambled Eggs Wheat Toast Breakfast Fruit Selection Milk		

Try a Bite/ Harvest of the Month

This month we are featuring
Radishes
Try a Bite this month

Monthly Celebrations

Cinco de Mayo Global Road Trip

Feed Your Brain At Breakfast!

Good nutrition enhances learning. Healthy breakfast offerings daily include your choice of:

**Assorted Cereals
w/Hard Boiled Egg**

Breakfast Sandwiches

**Fruit & Yogurt Parfait
or
Special of the Day**

**with up to two Fruit
selections & Milk**

Meal Prices

Breakfast:

Full Price: \$ 1.60
Reduced Price: \$0
Adult: \$ 2.50

Lunch:

Full Price: \$ 3.00
Reduced Price: \$ 0
Adult: \$ 3.50

Questions or Comments about the Meal Program?

Please contact your
Food Service Director
Anton Prikazchikov @
295-8610

or

hartford@cafeservices.com

Or visit:

<http://www.freshpickscafe.com>

Café Services is a proud
proponent of the
Farm-to-School Initiative.
We Buy Local First.



Fresh Picks Cafe is a division of Café Services™

*Students may take two fruit
servings with each meal. They
must take at least one to qualify for
the meal prices listed.*

*This institution is an
equal opportunity provider.*



Middle School Lunch Menu

May 2017

Students: \$ 3.00

Adults: \$ 3.50

Monday 5/1 Flat Bread Zone	Tuesday 5/2 <i>Taste of the Bayou</i>	Wednesday 5/3 Home Style	Thursday 5/4 Student's Choice	Friday 5/5 <i>Cinco de Mayo! Burrito Fiesta!</i>
Assorted Flat Bread Personal Pizza Cucumber and Radish Salad Fresh Fruit	<i>Creole Chicken Cajun Rice Confetti Corn Pears</i>	New England Macaroni & Cheese Dinner Roll Kale Caesar Salad Peaches	Nachos Supreme Nacho Fixings Cilantro Rice Roasted Carrots Fruit Cocktail	<i>Create your Own Burrito Chips and Pico Black Bean & Corn Salad Mixed Fruit</i>
Monday 5/8 Tex-Mex Meatless Monday	Tuesday 5/9 <i>South Beach Classic</i>	Wednesday 5/10 On Top of Spaghetti	Thursday 5/11 Finger Licking	Friday 5/12 <i>Asian Buffet</i>
Cheese Quesadilla Rice and Beans Sweet Peas Pears	<i>Cuban Sandwich Roasted Potato Wedges Peaches</i>	American Chop Suey Parmesan Roll Broccoli Pears	Roasted Chicken Whole Grain Roll Peas Fresh Fruit	<i>General Tso Chicken Sesame Noodles Ginger Carrots Egg Roll Pineapple</i>
Monday 5/15 Jim's Favorite!	Tuesday 5/16 Brunch-A-Lunch	Wednesday 5/17 Pasta Bar	Thursday 5/18 <i>Taste of Ireland</i>	Friday 5/19 Tex-Mex
Stuffed Cheese Stick Marinara Sauce Tomato Basil Salad Peaches	French Toast Sticks Baked Ham Roasted Potatoes Cinnamon Applesauce	Pasta with your Choice of Sauce and Toppings Caesar Salad Pears	<i>Shepherd's Pie Homestyle Biscuit Garden Salad w/ Radish Banana</i>	Quesadilla Variety 2 Bean Salad Seasoned Rice Fresh Fruit
Monday 5/22 Comfort Monday	Tuesday 5/23 Taco Tuesday	Wednesday 5/24 Student's Choice	Thursday 5/25 <i>Taste of India</i>	Friday 5/26 Lunch Time Classic
Grilled Cheese with Ham Tomato Soup Tater Tots Peaches	Soft Turkey Taco with Fixings Refried Beans Seasoned Rice Fresh Fruit	Pasta with your Choice of Sauce Caesar Salad Garlic Roll Mixed Fruit	<i>Chicken Tikka Masala Curried Cauliflower Tamarind Rice Fresh Fruit</i>	Assorted Flat Bread Pizza Cucumber & Radish Salad Fresh Fruit
Monday 5/29 Memorial Day	Tuesday 5/30 Tex-Mex Tuesday	Wednesday 5/31 Say Cheese		
In remembrance of those who have sacrificed all for our country	Chicken Fajita with Fixings Cilantro Rice Sweet Peas Mixed Fruit	Baked Ziti with Meat Sauce Spinach and Romaine Salad Parmesan Breadstick Fresh Fruit		

Try a Bite/ Harvest of the Month

This month we are featuring **Radishes**

Try a Bite this month.

Monthly Celebrations

Global Road Trip
New Orleans, South Beach, Mexico, Asia, Ireland, India

Cinco de Mayo

Deli

Fresh Made Deli Sandwiches

Lean meats, cheeses and daily choices of deli salads made to order on whole wheat breads & rolls with fresh vegetable toppings. Served with nutritious sides and farm fresh milk.

Market Fresh Fresh Made Salads & Specialties

Special Entrée Salads prepared fresh daily served with fresh whole wheat breads, fruit and milk. Vegetarian options offered daily.

Pizza

Made on site

Whole wheat pizza dough topped with low-fat pizza cheese. Served with nutritious sides and milk.

Café Express

Lunch on the go

Grab-n-Go hot sandwiches made with whole wheat breads and rolls, served with nutritious sides and milk.

Questions or Comments Please
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