



# APRIL 2015



## Middle School Breakfast & Lunch Menus

### CHEF MANNY PANDA'S NUTRITION FACTS

#### April Promotions!

With only two months of school to go, Food and Nutrition Services are excited about our upcoming promotions! We have expanded the Middle School Menu! Check out the menu and café to see the changes that were made!

**Try-It Tuesday:** Look for a new breakfast item on April 21<sup>st</sup>: a **whole-grain cinnamon roll!** Pair this with a piece of fruit and milk and consider your nutrition bases covered! Enjoy the warmer weather and keep eating healthy and working hard in the classroom 😊 .



**Food and Nutrition Services Director:**  
Althea Albert-Santiago, 314-345-4519;  
**Director of Dining Services:**  
Mike Butler, 314-381-4155  
**SFE Associate Director of Nutrition  
Operations:** Megan Fraley, 314-381-4155



#### PUTTING CHILD NUTRITION FIRST!

Due to our constant pursuit of excellence SFE will enhance our menus through students' feedback, surveys, parent meetings, recipe development and market trends.





# SLPS Middle School Breakfast



## Fresh Fruit and Vegetable Bar Served Daily!

April 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Served Every Day ...</b> Assorted WG Low-Sugar Cereal WG Toast and Margarine/Jelly</p> 		<p>1- Cinnamon French Toast w/ syrup <b>V</b> Grape Juice, Pineapple Tidbits</p>	<p>2- Oatmeal <b>V</b> Apple Juice Sliced Peaches</p>	<p>3- No School</p>
<p>6- Apple Frudel <b>V</b> Apple Juice, Diced Pears</p>	<p>7- Egg &amp; Turkey Sausage Taco w/Salsa Orange Juice, Apple Sauce</p>	<p>8- Banana Loaf <b>V</b> Grape Juice, Pineapple Tidbits</p>	<p>9- Pancakes &amp; Turkey Sausage w/ syrup Apple Juice, Sliced Peaches</p>	<p>10- Egg &amp; Cheese Croissant Sandwich <b>V</b> Orange Juice, Fresh Banana</p>
<p>13- Mini Cinni Roll <b>V</b> Apple Juice, Pineapple Tidbits</p>	<p>14- Egg &amp; Turkey Sausage English Muffin Sandwich Orange Juice, Apple Sauce</p>	<p>15- Mini Blueberry Pancakes w/ syrup <b>V</b> Grape Juice, Mandarin Oranges</p>	<p>16- Cinnamon Raisin Bagel w/ cream cheese <b>V</b> Apple Juice, Sliced Peaches</p>	<p>17- Turkey Ham, Egg, &amp; Cheese Quesadilla w/ salsa Orange Juice, Fresh Banana</p>
<p>20- Egg, Turkey Sausage &amp; Cheese Biscuit Sandwich Apple Juice, Sliced Peaches</p>	<p>21- <b>TRY-IT TUESDAY</b>  <b>Whole-grain cinnamon roll</b> <b>V</b> Grape Juice, Pineapple Tidbits</p>	<p>22- Waffles w/ syrup <b>V</b> Orange Juice, Fresh Banana</p>	<p>23- Pineapple &amp; Vanilla Yogurt Parfait <b>V</b> Apple Juice, Diced Pears</p>	<p>24- Breakfast on Stick w/ syrup Orange Juice, Pineapple Tidbits</p>
<p>27- Colby Cheese Omelet w/ Salsa <b>V</b> Apple Juice, Fresh Orange</p>	<p>28- Turkey Ham, Egg, &amp; Cheese Quesadilla w/ Salsa <b>V</b> Orange Juice, Fresh Banana</p>	<p>29- Cinnamon French Toast <b>V</b> Grape Juice, Pineapple Tidbits</p>	<p>30- Oatmeal <b>V</b> Apple Juice, Sliced Peaches</p>	

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### Middle School Menu Prices:

Student Second Lunch \$1.20	Student Second Breakfast \$1.20
Adults Lunch \$2.50	Adult Breakfast \$2.25
	Milk \$0.40

First Meals for both Breakfast and Lunch are Free

Menu is subject to change  
SLPS is a pork-free district  
All recipes made with whole grains  
Vegetarian items **V**

**Milk**

Reduced Fat Milk Variety  
Offered Daily



# Middle School Lunch



## Fresh Fruit and Vegetable Bar Served Daily!

Monday

Tuesday

Wednesday

Thursday

Friday

Look for our vegetable of the month: **Leafy Greens!**  
Leafy greens are full of vitamins, minerals, fiber, and disease-fighting phytochemicals.



1- Spicy Chicken Sandwich  
Hamburger  
Turkey Sausage Pizza  
Supreme Nachos  
Italian Salad  
Green Beans

2- Spicy Chicken Sandwich  
BBQ Chicken Pizza  
Country Fried Steak  
Chicken Caesar Salad  
Crinkle Carrots  
Potato Wedges

3- No School

6- Spicy Chicken Sandwich  
Supreme Pizza  
Garlic & Herb Fish w/ Roll **V**  
Ham and Cheese Salad  
Sweet Potato Fries

7- Cheeseburger  
Ham & Cheese Pizza  
Sweet & Sour Chicken  
Chicken Salad  
Tater Gem

8- Fish Patty Sandwich **V**  
Cheeseburger  
Spicy Chicken Pizza  
Supreme Nachos  
Italian Salad  
Green Beans

9- Spicy Chicken Sandwich  
BBQ Chicken Pizza  
Country Fried Steak  
Chicken Caesar Salad  
Tater Gem

10- Cheeseburger  
Chicken Alfredo Pizza  
Chicken Teriyaki w/ Rice  
Crispy Chicken Salad  
5-way mixed veggies

13- Spicy Chicken Sandwich  
Supreme Pizza  
Garlic & Herb Fish w/ Roll **V**  
Chef Salad  
Crinkle Cut Carrots

14- Cheeseburger  
Buffalo Chicken Pizza  
Sweet & Sour Chicken  
Turkey Taco Salad  
Seasoned Potato Wedges

15- Hamburger  
Spicy Chicken Sandwich  
Spicy Chicken Pizza  
Supreme Nachos  
BBQ chicken Salad  
Green beans

16- Spicy Chicken Sandwich  
Country Fried Steak  
Pepperoni & Jalapeno Pizza  
Chef Salad  
Seasoned Wedges

17- Cheeseburger  
Chicken Alfredo Pizza  
Chicken Teriyaki w/ Rice  
Crispy Chicken Salad  
5-way mixed Veggies

20- Spicy Chicken Sandwich  
Supreme Pizza  
Garlic & Herb Fish w/ Roll **V**  
Chef Salad  
Crinkle Cut Carrots

21- Cheeseburger  
Buffalo Chicken Pizza  
Sweet & Sour Chicken  
Turkey Taco Salad  
Tater Gem

22- Fish Patty Sandwich **V**  
Spicy Chicken Pizza  
Cheeseburger  
Supreme Nachos  
BBQ chicken Salad  
Green beans

23- Spicy Chicken Sandwich  
Country Fried Steak  
Pepperoni & Jalapeno Pizza  
Chef Salad  
Tater Gem

24- Cheeseburger  
Hawaiian Pizza  
Garlic Chile Chicken Stir Fry w/ Rice  
Large Ham & Cheese Salad  
Winter Mix Veggies

27- Spicy Chicken Sandwich  
Supreme Pizza  
Garlic & Herb Fish w/ Roll **V**  
Grilled Chicken Salad  
Sweet Potato Fries

28- Cheeseburger  
Ham & Cheese Pizza  
Sweet & Sour Chicken  
Chicken Salad  
Seasoned Wedges

29- Spicy Chicken Sandwich  
Hamburger  
Spicy Chicken Pizza  
Supreme Nachos  
Italian Salad  
Mexi-corn

30- Spicy Chicken Sandwich  
Country Fried Steak  
Pepperoni & Jalapeno Pizza  
Chicken Caesar Salad  
Seasoned Wedges

**\*Grilled cheese  
for vegetarian  
upon request**



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All recipes made with whole grains  
Vegetarian items **V****

**Cheese Pizza offered Daily Offerings **V****

**Milk**

**Reduced Fat Milk Variety  
Offered Daily**

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