



Silverton Middle School Breakfast

OCT 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

French Toast Sticks
w/Syrup
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

2

Fruit Pocket
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

3

Cinnamon Roll
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

4

Blueberry Bagel w/CC
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

5

Egg & Cheese on Toast
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

8

Pancake on a Stick
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

9

Breakfast Sliders
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

10

Ultimate Breakfast Round
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

11

Pancakes w/Syrup
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

12

NO SCHOOL

15

Breakfast Pizza
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

16

Pancake Bites
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

17

Biscuit & Gravy
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

18

Sausage Cheese Biscuit
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

19

French Toast Sticks w/ Syrup
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

22

Hardboiled Egg
w/Biscuit & Jelly
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

23

Ultimate Breakfast Round
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

24

Cinnamon Roll
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

25

Breakfast Crunch Wrap
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

26

Mini Yogurt, String Cheese
& Graham Crackers
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

29

Pancake on a Stick
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

30

Biscuit & Gravy
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

31

Pancakes Bar w/Syrup
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals



**BREAKFAST INCLUDES
CHOICE OF DAILY ENTREE LISTED
OR CEREAL W/TOAST
Assorted Breakfast Sandwiches
Yogurt Fruit Parfait
A VARIETY OF FRUITS AND MILK**

Silverton Middle School

October 2018

Our menus are aligned with the USDA's Healthier U.S. School Challenge.



A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

TWICE A WEEK:
Build Your Own Nachos



MONDAY

TUESDAY Fajita Chicken & Cheese Nachos w/Refried Beans

WEDNESDAY

THURSDAY Spicy Beef & Cheese Nachos

FRIDAY

Daily Special/Everyday
Hamburger or Cheeseburger



MONDAY Regular or Spicy Chicken Sandwich

TUESDAY Regular or Spicy Chicken Sandwich

WEDNESDAY Regular or Spicy Chicken Sandwich

THURSDAY Regular or Spicy Chicken Sandwich

FRIDAY Regular or Spicy Chicken Sandwich



Daily Special/Everyday
Variety Sub Sandwiches

MONDAY Chef Salad w/WG Roll

TUESDAY Spinach & Fruit Salad w/WG Roll

WEDNESDAY Chicken Caesar Salad w/WG Roll

THURSDAY Taco Salad w/Chips

FRIDAY Garden Salad w/Roll



Offered Daily
Pepperoni or Cheese Pizza

MONDAY Sausage Pizza

TUESDAY Hawaiian Pizza

WEDNESDAY Supreme Pizza

THURSDAY Buffalo Chicken Pizza

FRIDAY Garlic Chicken Calzone



This Week's Feature:

Monday: 10/1 Bean & Cheese Enchilada 10/8 Homemade Burrito 10/15 Cheese Breadsticks 10/22 Pork Tacos 10/29 Chicken Pot Pie
Wednesday:
Made to Order Deli Sub Sandwiches
Friday: 10/5 Meaty Spaghetti 10/19 Chicken Alfredo 10/26 Beef Lasagna

To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Nutrition Information is available upon request.

