



Silverton Middle School Breakfast

DEC 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

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

4

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

5

Pancake Bar
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

6

Mini Maple Waffles
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

7

Muffin Squares
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

10

French Toast Sticks
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

11

Fruit Pockets
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

12

Cinnamon Rolls
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

13

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

14

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

17

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

18

SW Breakfast Sliders
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

19

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

20

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

21

Dannon Yogurt w/
String Cheese & Crackers
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

24

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



26



28

31



So Happy

Sodexo's menu app with nutrition and allergen information!



Scan to download the So Happy app from the App Store.



Scan to download the So Happy app from the Google Play Store.

Silverton Middle School

December 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: 12/3 Mini Ravioli 12/10 Enchilada w/Roasted Corn 12/17 Burrito w/Cilantro Lime Rice and Beans
Wednesday:
Made to Order Deli Sub Sandwiches
Friday: 12/7 Queso Mac & Cheese w/Steamed Broccoli 12/14 Meaty Spaghetti w/Caesar Salad 12/21 Fish & Chips

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.

