



Silverton Middle School Breakfast

MAR 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Offered Daily:
Assorted Breakfast
Sandwiches

1

Banana Muffin Tops
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

4

Breakfast Pizza
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

5

Pancake Bites
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

6

Biscuit & Gravy
Bagel & Cream Cheese
Assorted Cereals

7

Ham & Cheese Frittata
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

8

NO SCHOOL

11

NO SCHOOL

12

UBR
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

13

Yogurt & Graham Crackers
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

14

Pancake Bites w/Sausage
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

15

Cinnamon Roll
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

18

Waffles
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

19

Cheese Omelet
Bagel & Cream Cheese
Assorted Cereals

20

Pancake Bar
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

21

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

22

Muffin Squares
Assorted Breakfast Sandwiches
Bagel & Cream Cheese
Assorted Cereals

25

NO SCHOOL

26

NO SCHOOL

27

SPRING
BREAK

28

NO SCHOOL

29

BREAKFAST INCLUDES
CHOICE OF DAILY ENTREE LISTED
OR CEREAL W/TOAST
A VARIETY OF FRUITS AND MILK

Silverton Middle School

March 2019

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** 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** Taco Pizza
- FRIDAY** Garlic Chicken Pizza



This Week's Feature:

Monday: 3/4 Sweet & Sour Chicken over Rice

Wednesday:
Made to Order Deli Sub Sandwiches
Friday: 3/1 Chicken Parmesan Pasta
3/15 Toasted Cheese Sandwich w/Soup
3/22 Queso Mac & Cheese w/Broccoli

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.

