

# Silverton Middle School

## May 2019

Our menus are aligned with the USDAs 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*



*Hot Dogs*

**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** BYO: Sandwich Bar  
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:**

- 5/3 Chili Cheese Dog
- 5/6 Mac & Cheese w/Steamed Peas
- 5/10 Chicken Parm Pasta
- 5/13 Homemade Burrito, Lime Rice & Beans
- 5/17 Maui Dog
- 5/20 Mac & Cheese w/Toppings
- 5/24 Loaded Bacon Cheese Fries
- 5/31 Mini Corn Dogs

*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.





# Silverton Middle School Breakfast

# MAY 2019

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



1

Scrambled Eggs  
Assorted Breakfast Sandwiches  
Bagel & Cream Cheese  
Assorted Cereals

2

BYO Oatmeal Bowl  
Assorted Breakfast Sandwiches  
Bagel & Cream Cheese  
Assorted Cereals

3

Cinnamon Roll  
Assorted Breakfast Sandwiches  
Bagel & Cream Cheese  
Assorted Cereals



6

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

7

Fruit Frudels  
Assorted Breakfast Sandwiches  
Bagel & Cream Cheese  
Assorted Cereals

8

Ultimate Breakfast Round  
Bagel & Cream Cheese  
Assorted Cereals

9

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

10

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



13

Tony's Breakfast Pizza  
Assorted Breakfast Sandwiches  
Bagel & Cream Cheese  
Assorted Cereals

14

Pancake Bites  
Assorted Breakfast Sandwiches  
Bagel & Cream Cheese  
Assorted Cereals

15

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

16

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

17

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



20

FREE BREAKFAST WEEK!!  
Crunch Wrap  
Assorted Breakfast Sandwiches  
Bagel & Cream Cheese  
Assorted Cereals  
FREE HOT CHOCOLATE

21

FREE BREAKFAST WEEK!!  
Cheese Omelet  
Assorted Breakfast Sandwiches  
Bagel & Cream Cheese  
Assorted Cereals  
FREE HOT CHOCOLATE

22

FREE BREAKFAST WEEK!!  
Dannon Yogurt & Graham Crackers  
Assorted Breakfast Sandwiches  
Bagel & Cream Cheese  
Assorted Cereals  
FREE HOT CHOCOLATE

23

FREE BREAKFAST WEEK!!  
BYO Oatmeal Bowl  
Assorted Breakfast Sandwiches  
Bagel & Cream Cheese  
Assorted Cereals  
FREE HOT CHOCOLATE

24

FREE BREAKFAST WEEK!!  
Cinnamon Roll  
Assorted Breakfast Sandwiches  
Bagel & Cream Cheese  
Assorted Cereals  
FREE HOT CHOCOLATE



28

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

29

Pancake Bar  
Assorted Breakfast Sandwiches  
Bagel & Cream Cheese  
Assorted Cereals

30

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

31

Blueberry Muffin Squares  
Assorted Breakfast Sandwiches  
Bagel & Cream Cheese  
Assorted Cereals