

**Silverton
Middle School**



**February
2020**

Daily Breakfast Entrees:

Assorted Cold Cereal, Breakfast Sandwiches and Bagels w/Cream Cheese

A Variety of Fresh & Canned Fruit, Low-Fat and Fat Free Milk Served Daily with Breakfast

Please Remember 1 of your daily breakfast choice must be 1/2 cup of fruit



2/3 Pancake on a Stick	2/4 Egg Patty Omelet	2/5 BYO Pancake Bar	2/6 Mini Maple Waffles	2/7 Cranberry Peach Muffin Squares
2/10 French Toast Sticks	2/11 Blue Berry Over Night Oatmeal	2/12 Breakfast Bowl	2/13 Breakfast Burrito	2/14 Cinnamon Roll
2/17 NO SCHOOL	2/18 Fruit Frudel	2/19 UBR	2/20 Pancakes	2/21 Muffin Tops
2/24 Sausage Breakfast Pizza	2/25 Pancake Bites	2/26 Biscuit & Sausage Gravy	2/27 Sausage & Broccoli Frittata	2/28 French Toast Sticks

Graham Crackers served daily with Assorted Cereal & Oatmeal

This institution is an equal opportunity provider

Menu Is Subject To Change

Breakfast: Reduced meals at "No Cost"

Paid Student: \$1.90—Adult: \$2.25



Silver Falls School District Silverton Middle School



February 2020 Lunch Menu



Everyday Choices

- M-F Cheeseburgers & Hamburgers
- T-T Chicken Patty & Spicy Chicken Patty
- M: Bacon Cheese Burger
- T: Corn Dog
- W: Chicken Nuggets
- T: Chicken Cordon Bleu
- F: Pepperoni or Pizza Burger

All Hot Sandwiched Served w/Oven Baked French Fries or Tater Tots

Everyday Choices:

Pepperoni Pizza & Cheese (vegetarian option)



Daily Specialty Pizza:

- Monday: Sausage/Veggie or BBQ Chicken/Pineapple Pepperoni
- Tuesday: Supreme/ Hawaiian Pizza or Margherita/Meat Lovers
- Wednesday: Ham & Cheese Stromboli
- Thursday: SW Taco/ Veggie or Chicken Bacon Ranch/Veggie
- Friday: Garlic Chicken Calzone or Buffalo Chicken Calzone



Daily Deli Specials:

- Monday: Hummus Snack Pack, Chicken Caesar Wrap
 - Tuesday: Italian Sub, SW Wrap
 - Wednesday: Buffalo Wrap, Garden Salad
 - Thursday: Crispy Chicken Wrap, Crispy Chicken Salad
 - Friday: Triple Decker Club Sandwich, Chicken Bacon Ranch Wrap
- (All Salads Served with WG Roll)



Every Day Choices:

- Chef Salad, Chicken Caesar Salad
- Sun Butter & Jelly, Turkey & Cheese or Ham & Cheese Sub Sandwich
- American Sub Sandwich



Lunch Includes: Selection of Canned and Fresh Fruit, Fresh Vegetables, Whole Grain Rich Breads, Protein, and Low-Fat & Fat-Free Milk

Students must choose 3 of 5 Meal Components 1 must be a 1/2 cup of fruit or vegetables

Lunch: Reduced meals at "No Cost"

Paid Student: \$3.20 – Adult: \$4.25

3 Chili & Chips	NATIONAL TOT DAY!! 4 Fajita Chicken & Cheese Nachos or Burrito w/ Refried Beans	5 Made to Order Deli Line w/Chips	6 Beef & Cheese Nachos or Burrito w/Refried Beans	7 Mac & Queso Cheese Aztec Corn
10 Beef & Cheese Enchiladas	11 Fajita Chicken & Cheese Nachos or Burrito w/ Refried Beans	12 Made to Order Deli Line w/Chips	13 Beef & Cheese Nachos or Burrito w/Refried Beans	14 Spaghetti w/Meat Sauce
17 NO SCHOOL	18 Fajita Chicken & Cheese Nachos or Burrito w/ Refried Beans	19 Made to Order Deli Line w/Chips	20 Beef & Cheese Nachos or Burrito w/Refried Beans	21 Chicken Potato Bowl w/Roll
24 Beef & Cheese Tot'chos w/Roll	25 Fajita Chicken & Cheese Nachos or Burrito w/ Refried Beans	26 Made to Order Deli Line w/Chips	27 Beef & Cheese Nachos or Burrito w/Refried Beans	NATIONAL CHILI DAY!! NEW ITEM!! 28 Veggie Chili w/Cinnamon Roll

WW = Whole Wheat WG= Whole Grain



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