

**Silverton  
Middle School**



**March  
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*

**MARCH 2-5 NATIONAL BREAKFAST WEEK; FREE BREAKFAST FOR ALL STUDENTS**

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



2 WAFFLES	3 ULTIMATE BREAKFAST ROUND	4 BREAKFAST CRUNCH WRAP	5 BYO OATMEAL BOWL	6 NO SCHOOL
9 NO SCHOOL	10 CHEESE OMELET	11 BYO PANCAKE BAR	12 MINI MAPLE WAFFLES	13 BLUEBERRY MUFFIN SQUARES
16 FRENCH TOAST STICKS	17 PIZZA BAGEL	18 BREAKFAST BOWL	19 SAUSAGE & EGG BREAKFAST BURRITO	20 WG CINNAMON ROLL
23	24 SPRING	25	26 BREAK	27
30 SAUSAGE BREAKFAST PIZZA	31 PANCAKE BITES			

*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**



**MARCH  
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
- Tuesday: Supreme/ Hawaiian Pizza or Margherita/Meat Lovers
- Wednesday: Buffalo Chx/Meatlovers or Hawaiian/Supreme
- 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**

2 <i>Bacon Cheese Fries</i>	3 <i>Fajita Chicken &amp; Cheese Nachos or Burrito w/ Refried Beans</i>	4 <i>Made to Order Deli Line w/Chips</i>	5 <i>Beef &amp; Cheese Nachos or Burrito w/Refried Beans</i>	6 <b>NO SCHOOL</b>
9 <b>NO SCHOOL</b>	10 <i>Fajita Chicken &amp; Cheese Nachos or Burrito w/ Refried Beans</i>	11 <i>Made to Order Deli Line w/Chips</i>	12 <i>Beef &amp; Cheese Nachos or Burrito w/Refried Beans</i>	13 <i>Mac &amp; Queso Cheese</i>
16 <i>Beef &amp; Cheese Enchiladas</i>	17 <i>Fajita Chicken &amp; Cheese Nachos or Burrito w/ Refried Beans</i>	18 <i>Made to Order Deli Line w/Chips</i>	19 <i>Beef &amp; Cheese Nachos or Burrito w/Refried Beans</i>	20 <i>Spaghetti w/Meat Sauce &amp; Side Garden Salad</i>
23	24 <i>Spring</i>	25	26 <i>Break</i>	27
30 <i>Beef &amp; Cheese Tot'cho w/Roll</i>	31 <i>Fajita Chicken &amp; Cheese Nachos or Burrito w/ Refried Beans</i>			

WW = Whole Wheat WG= Whole Grain



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