

Silverton Middle School

10/01/21-10/01/21

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.

Daily Offer
Asst. Cereal



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WG Cinnamon Roll w/ Icing

V SP

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Hamburger or Cheeseburger



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Cheese Pizza

V



Offered Daily

PB & J or SB & J Sandwich

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Chef Salad / Turkey Sub



This Week's Feature:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY-Sloppy Joe w/ Whipped Potatoes

V Vegetarian

SP Smart Pick

We use menu identifiers in the cafe to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium & calories.

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

10/04/21-10/08/21

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Daily Offer
Asst. Cereal



MONDAY BYO: Yogurt Bowl

TUESDAY Turkey Sausage & Cheese Biscuit

WEDNESDAY BYO: Pancake Bar

THURSDAY Mini Maple Waffles

FRIDAY

V SP

V SP

V



MONDAY BBQ Pork Riblet Sandwich

TUESDAY Corn Dog / Bean & Cheese Nachos (V)

WEDNESDAY Chicken Burger / Spicy Chicken Burger

THURSDAY Hot Dog / Cheese Nachos (V)

FRIDAY



MONDAY BBQ Chicken Pizza

TUESDAY Cheese Pizza

WEDNESDAY Sausage Pizza

THURSDAY Pepperoni Pizza

FRIDAY

V



Daily Offer

PB & J or SB & J Sandwich

MONDAY Chicken Caesar Salad / Ham Sub

TUESDAY Chef Salad / SW BBQ Chicken Sub

WEDNESDAY Chicken Caesar Salad / American-Style Meat Combo

THURSDAY Buffalo Chicken Salad / Italian Sub

FRIDAY



This Week's Feature:

MONDAY- Bean & Cheese Burrito (v) w/ Aztec Corn

TUESDAY- Chicken Alfredo Pasta w/ Mixed Vegetables

WEDNESDAY- Pork Posole w/ Tortilla Chips and Potato Wedges

THURSDAY- Turkey Gravy w/ Twisted Breadstick & Mashed Potatoes

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Silverton Middle School

10/11/21-10/15/21

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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.

Daily Offer
Asst. Cereal



MONDAY	French Toast Stick w/ Syrup	V SP
TUESDAY	Blueberry Patch Parfait	V SP
WEDNESDAY	Breakfast Bowl	
THURSDAY	Sausage & Egg Breakfast Burrito	
FRIDAY	Ham & Cheese Muffin Sandwich	



MONDAY	BBQ Pork Riblet Sandwich
TUESDAY	Corn Dog / Bean & Cheese Nachos (V)
WEDNESDAY	Chicken Burger / Spicy Chicken Burger
THURSDAY	Hot Dog / Cheese Nachos (V)
FRIDAY	Hamburger or Cheeseburger



MONDAY	BBQ Chicken Pizza	
TUESDAY	Cheese Pizza	V
WEDNESDAY	Sausage Pizza	
THURSDAY	Pepperoni Pizza	
FRIDAY	Cheese Pizza	V



Daily Offer
PB & J or SB & J Sandwich

MONDAY	Chicken Caesar Salad / Ham Sub
TUESDAY	Chef Salad / SW BBQ Chicken Sub
WEDNESDAY	Chicken Caesar Salad / American-Style Meat Combo
THURSDAY	Buffalo Chicken Salad / Italian Sub
FRIDAY	Chef Salad/Turkey Sub



This Week's Feature:

- MONDAY- Tot'chos w/ Roasted Broccoli
- TUESDAY- Glazed Chicken Drumstick w/ Mixed Vegetables
- WEDNESDAY- Popcorn Chicken Bowl w/ Garlic Knot & Vegetarian Beans
- THURSDAY- Pasta w/ Lentils & Roasted Broccoli & Carrots
- FRIDAY- Chicken Waffles w/ Sweet Potatoes

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Silverton Middle School

10/18/21-10/22/21

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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.

Daily Offer
Asst. Cereal



- MONDAY** Breakfast on a stick
- TUESDAY** Bagel w/ Cream Cheese
- WEDNESDAY** Turkey Sausage & Cheese Biscuit
- THURSDAY** Buttermilk Pancakes
- FRIDAY** Banana Muffin

V SP

V SP

V SP



- MONDAY** BBQ Pork Riblet Sandwich
- TUESDAY** Corn Dog / Bean & Cheese Nachos (V)
- WEDNESDAY** Chicken Burger / Spicy Chicken Burger
- THURSDAY** Hot Dog / Cheese Nachos (V)
- FRIDAY** Hamburger or Cheeseburger



- MONDAY** BBQ Chicken Pizza
- TUESDAY** Cheese Pizza
- WEDNESDAY** Sausage Pizza
- THURSDAY** Pepperoni Pizza
- FRIDAY** Cheese Pizza

V

V



Daily Offer
PB & J or SB & J Sandwich

- MONDAY** Chicken Caesar Salad / Ham Sub
- TUESDAY** Chef Salad / SW BBQ Chicken Sub
- WEDNESDAY** Chicken Caesar Salad / American-Style Meat Combo
- THURSDAY** Buffalo Chicken Salad / Italian Sub
- FRIDAY** Chef Salad/Turkey Sub



This Week's Feature:

- MONDAY- Cheese Ravioli w/ Garlic Knot
- TUESDAY- Pancakes and Sausage w/ Baked Cinnamon Raisin Apples
- WEDNESDAY- BBQ Chicken Sandwich w/ Mexican Beans
- THURSDAY- Baked Penne Pasta w/ Green Beans
- FRIDAY- Pork Riblet Sandwich w/ Mexican Slaw

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Silverton Middle School

10/25/21-10/29/21

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Daily Offer
Asst. Cereal



- MONDAY Sausage Breakfast Pizza
- TUESDAY Pancakes Bites w/ Cinnamon Sugar
- WEDNESDAY Bagel w/ Cream Cheese
- THURSDAY Turkey Sausage & Cheese Biscuit
- FRIDAY Homemade French Toast w/ Syrup

V SP

V SP

V SP



- MONDAY BBQ Pork Riblet Sandwich
- TUESDAY Corn Dog / Bean & Cheese Nachos (V)
- WEDNESDAY Chicken Burger / Spicy Chicken Burger
- THURSDAY Hot Dog / Cheese Nachos (V)
- FRIDAY Hamburger or Cheeseburger



- MONDAY BBQ Chicken Pizza
- TUESDAY Cheese Pizza
- WEDNESDAY Sausage Pizza
- THURSDAY Pepperoni Pizza
- FRIDAY Cheese Pizza

V

V



Daily Offer
PB & J or SB & J Sandwich

- MONDAY Chicken Caesar Salad / Ham Sub
- TUESDAY Chef Salad / SW BBQ Chicken Sub
- WEDNESDAY Chicken Caesar Salad / American-Style Meat Combo
- THURSDAY Buffalo Chicken Salad / Italian Sub
- FRIDAY Chef Salad/Turkey Sub



This Week's Feature:

- MONDAY- Mozzarella Stuffed Breadsticks w/ Mixed Vegetables
- TUESDAY- Cheese Ravioli w/ Garlic Knot and Vegetarian Beans
- WEDNESDAY- Chicken Rice Bowl w/ Roasted Broccoli and Carrots
- THURSDAY- Macaroni & Cheese w/ Aztec Corn
- FRIDAY-Omelet w/ Cinnamon Breadstick and Tater Tots

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