

Silverton Middle School

12/01/21-12/03/21

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 Turkey Sausage & Cheese Biscuit
- THURSDAY Egg & Cheese English Muffin
- FRIDAY Homemade French Toast w/ Syrup



- MONDAY
- TUESDAY
- WEDNESDAY Chicken Burger / Spicy Chicken Burger
- THURSDAY Hot Dog / Cheese Nachos (v)
- FRIDAY Hamburger or Cheeseburger



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

V

V



Offered Daily
PB & J or SB & J Sandwich

- MONDAY
- TUESDAY
- WEDNESDAY Chicken Caesar Salad / American Style Sub
- THURSDAY Buffalo Chicken Salad / Italian Sub
- FRIDAY Chef Salad / Turkey Sub



This Week's Feature:

- MON:
- TUES:
- WED: S & S Chicken w/ Rice and Roasted Broccoli & Carrots
- THUR: Macaroni & Cheese w/ Aztec Corn
- FRI: Cheese Omelet Papetti's w/ Cinn Breadstick and Tater Tots

V Vegetarian
SP Smart Pick

We use menu identifiers in the café 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

12/06/21-12/10/21

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.

Daily Offer Asst. Cereal



MONDAY	Waffles w/ Syrup	V SP
TUESDAY	Ultimate Breakfast Round	V SP
WEDNESDAY	Breakfast Crunch Wrap	
THURSDAY	BYO Oatmeal Bowl	V SP
FRIDAY	Blueberry Patch Parfait	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	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- Meatball Marinara Sub w/ Mixed Garden Vegetables
 TUESDAY-French Toast w/ Breakfast Sausage Patty and Hash Brown Rounds
 WEDNESDAY- S & S Chicken w/ Rice and Roasted Broccoli and Carrots
 THURSDAY- Mozzarella Stuffed Breadsticks w/ Spaghetti Sauce and Corn
 FRIDAY- Sloppy Joe w/ Whipped Potatoes

V Vegetarian
SP Smart Pick

We use menu identifiers in the café 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

12/13/21-12/17/21

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.

Daily Offer
Asst. Cereal



MONDAY	BYO Yogurt Bowl	V SP
TUESDAY	Egg & Cheese English Muffin	V SP
WEDNESDAY	Apple Cinnamon Muffin	V SP
THURSDAY	Turkey Sausage & Cheese Biscuit	
FRIDAY	WG Donut	V SP



MONDAY	BBQ Pork Riblet / Hamburger
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



Offered Daily
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 Sub
THURSDAY	Buffalo Chicken Salad / Italian Sub
FRIDAY	Chef Salad / Turkey Sub



This Week's Feature:

MON: Bean and Cheese Burrito w/ Corn
TUE: Chicken Alfredo w/ WG Pasta and Garden Vegetables
WED: Pork Posole w/ Chips and Potato Wedges
THUR: Turkey Gravy w/ Twisted Breadstick and Mashed Potatoes and Baked Beans
FRI: Alaskan Pollock w/ Garlic Knot, Roasted Broccoli & Carrots and French Fries

V Vegetarian
SP Smart Pick

We use menu identifiers in the café 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.

