

middle school

daily choice
BREAKFAST
Cereal w/Toast

daily choice
LUNCH
PB&J Sandwich

Menu is subject to change without notice and is based on availability and seasonality of food items. Breakfast items are listed in purple italics. Lunch entrée choices are listed below in bold type. Every meal includes choice of milk. All side items are listed below the calendar and rotate throughout the week.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 WELCOME BACK! AUG 17 <i>Egg, Ham & Cheese Burrito</i> <i>Maple Pancake Sausage</i> <i>Wrap on a stick</i> GRILL DAY! Pizza Maxx Sticks & Marinara	AUG 18 <i>Cinnamon Roll</i> <i>Sausage Kolache</i> MASHED Potato Bar Breaded Chicken Sandwich	AUG 19 <i>Cheesy Omelet & Tater Bites</i> <i>Breakfast Sausage Pizza</i> GRILL DAY! Chicken Fajita Quesadilla	AUG 20 <i>Muffin & Yogurt</i> <i>Egg, Ham & Cheese</i> <i>Pancake Griddle Sandwich</i> Taco/Nacho Bar Chicken Fried Steak Sandwich	AUG 21 <i>Cinnamon French Toast</i> <i>Country Chicken Biscuit</i> PIZZA DAY Sloppy Joe
AUG 24 <i>Egg, Ham & Cheese Burrito</i> <i>Maple Pancake Sausage</i> <i>Wrap on a stick</i> GRILL DAY! Pizza Maxx Sticks & Marinara	AUG 25 <i>Bfast Sausage Quesadilla</i> <i>Sausage Kolache</i> Taco/Nacho Bar Southwest Meatloaf w/Gravy & Roll	AUG 26 <i>Sausage & Cheese Biscuit Melt</i> <i>Cherry Frudel</i> GRILL DAY! Grilled Cheese	AUG 27 <i>Vanilla Glazed Donut</i> <i>Sausage Breakfast Pizza</i> Taco/Nacho Bar Chicken Drumstick & Roll	AUG 28 <i>Maple Burst Pancakes</i> <i>Egg & Cheese Biscuit Melt</i> PIZZA DAY Chili Fries & Roll
AUG 31 <i>Sausage & Cheese Frittata</i> <i>Country Chicken Biscuit</i> GRILL DAY! Chicken Nuggets & Roll	SEP 1 <i>Vanilla Glazed Donut</i> <i>Egg, Sausage & Cheese Sandwich</i> MASHED Potato Bar Meatball Sub	SEP 2 <i>Egg, Ham & Cheese Burrito</i> <i>Breakfast Sausage Pizza</i> GRILL DAY! Chicken Parmesan & Spaghetti w/Marinara & Breadstick	SEP 3 <i>CinnaMini Rolls</i> <i>Ham & Cheese Biscuit Melt</i> Taco/Nacho Bar Popcorn Chicken & Roll	SEP 4 <i>Biscuit & Gravy</i> <i>Cinnamon French Toast</i> PIZZA DAY Beef & Bean Burrito
SCHOOL HOLIDAY SEP 7 LABOR DAY	SEP 8 <i>Ham & Cheese Biscuit Melt</i> Poptart MASHED Potato Bar Beef Enchiladas & Mexican Rice	SEP 9 <i>Country Chicken Biscuit</i> <i>Smoothie: Strawberry Grape</i> GRILL DAY! Chicken & Mashed Potato Bowl	SEP 10 <i>Vanilla Glazed Donut</i> <i>Maple Pancake Sausage</i> <i>Wrap on a stick</i> Taco/Nacho Bar Pizza Maxx Sticks & Marinara	SEP 11 <i>Cherry Frudel</i> <i>Egg & Cheese Biscuit Melt</i> PIZZA DAY BBQ Pork Riblet Sandwich
SEP 14 <i>Biscuits & Gravy</i> <i>Cinnamon French Toast</i> GRILL DAY! Salisbury Steak w/Gravy & Roll	SEP 15 <i>Waffles & Syrup</i> <i>Breakfast Sausage Pizza</i> Taco/Nacho Bar Chicken Tenders & Roll	SEP 16 <i>Sausage & Cheese Scrambled Eggs & Tater Bites</i> <i>Cheese-Stuffed Breadstick</i> GRILL DAY! Beef Lasagna & Garlic Toast	SEP 17 <i>Strawberry Splash Pancakes</i> <i>Egg, Sausage & Cheese Sandwich</i> Taco/Nacho Bar Steak Fingers & Roll	SEP 18 <i>Muffin</i> <i>Country Chicken Biscuit</i> PIZZA DAY Chili Cheese Dog
SEP 21 <i>Apple Frudel</i> <i>Egg & Cheese Biscuit Melt</i> GRILL DAY! Chicken Alfredo Penne & Breadstick	SEP 22 <i>Cinnamon Roll</i> <i>Sausage Kolache</i> MASHED Potato Bar Breaded Chicken Sandwich	SEP 23 <i>Cheesy Omelet & Tater Bites</i> <i>Breakfast Sausage Pizza</i> GRILL DAY! Chicken Fajita Quesadilla	SEP 24 <i>Muffin & Yogurt</i> <i>Egg, Ham & Cheese</i> <i>Pancake Griddle Sandwich</i> Taco/Nacho Bar Chicken Fried Steak Sandwich	SEP 25 <i>Cinnamon French Toast</i> <i>Country Chicken Biscuit</i> PIZZA DAY Sloppy Joe <i>End of 1st Grading Period</i> EARLY RELEASE
SEP 28 <i>Egg, Ham & Cheese Burrito</i> <i>Maple Pancake Sausage</i> <i>Wrap on a stick</i> GRILL DAY! Pizza Maxx Sticks & Marinara <i>Beginning of 2nd Grading Period</i>	SEP 29 <i>Bfast Sausage Quesadilla</i> <i>Sausage Kolache</i> Taco/Nacho Bar Southwest Meatloaf w/Gravy & Roll	SEP 30 <i>Sausage & Cheese Biscuit Melt</i> <i>Cherry Frudel</i> GRILL DAY! Grilled Cheese	OCT 1 <i>Vanilla Glazed Donut</i> <i>Sausage Breakfast Pizza</i> Taco/Nacho Bar Chicken Drumstick & Roll	OCT 2 <i>Maple Burst Pancakes</i> <i>Egg & Cheese Biscuit Melt</i> PIZZA DAY Chili Fries & Roll
OCT 5 <i>Sausage & Cheese Frittata</i> <i>Country Chicken Biscuit</i> GRILL DAY! Chicken Nuggets & Roll	OCT 6 <i>Vanilla Glazed Donut</i> <i>Egg, Sausage & Cheese Sandwich</i> MASHED Potato Bar Meatball Sub	OCT 7 <i>Egg, Ham & Cheese Burrito</i> <i>Breakfast Sausage Pizza</i> GRILL DAY! Chicken Parmesan & Spaghetti w/Marinara & Breadstick	OCT 8 <i>CinnaMini Rolls</i> <i>Ham & Cheese Biscuit Melt</i> Taco/Nacho Bar Popcorn Chicken & Roll	OCT 9 <i>Biscuit & Gravy</i> <i>Cinnamon French Toast</i> PIZZA DAY Beef & Bean Burrito
SCHOOL HOLIDAY OCT 12	OCT 13 <i>Ham & Cheese Biscuit Melt</i> Poptart MASHED Potato Bar Beef Enchiladas & Mexican Rice	OCT 14 <i>Country Chicken Biscuit</i> <i>Smoothie: Strawberry Grape</i> GRILL DAY! Chicken & Mashed Potato Bowl	OCT 15 <i>Vanilla Glazed Donut</i> <i>Maple Pancake Sausage</i> <i>Wrap on a stick</i> Taco/Nacho Bar Pizza Maxx Sticks & Marinara	OCT 16 <i>Cherry Frudel</i> <i>Egg & Cheese Biscuit Melt</i> PIZZA DAY BBQ Pork Riblet Sandwich



ANSON ISD MIDDLE SCHOOL 2020-2021

BREAKFAST
 Students \$1.75
 Faculty/Staff \$2.75
 Adult Guests \$3.25

LUNCH
 Students \$3.15
 Faculty/Staff \$4.00
 Adult Guests \$4.75

This institution is an equal opportunity provider.

EXTRAS

Extra Entrée \$2.25
 Fresh Fruit/Veggies \$1.50
 Chips (assorted) \$1.00
 Cereal Bars (assorted) 75¢
 Pop Tarts (assorted) 75¢
 Chex-Mix/Goldfish (assorted) 75¢
 Rice Krispies (variety) 75¢
 Cookie Variety (assorted) 50¢
 Brownie Cookie 75¢
 Parfait (assorted) \$1.50
 Ice Cream \$1.25
 Bottled Water \$1.00
 Capri Sun (assorted) \$1.00

Items are à la carte and may be purchased in addition to a cafeteria lunch or a lunch from home. You may also send restrictions for your student. "Extras" may be purchased with cash or your account. They may NOT be charged.

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GRILL DAY! Hamburger Cheeseburger Chicken Sandwich	MASHED Potato Bar MASHED Potato pick 1: Chili or Ham or Taco Meat top it: Broccoli or Sour Cream	TACO/NACHO BAR choose: Beef or Chicken Hard Shells or Tortillas or Chips	GRILL DAY! Hamburger Cheeseburger Chicken Sandwich	TACO/NACHO BAR Beef or Chicken Hard Shells or Tortillas or Chips	PIZZA check out the weekly special
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EVERYDAY SIDES (available seasonally, items rotate each day) Apple • Applesauce • Baby Carrots • Baked Beans • Banana • Broccoli (steamed or fresh) • Cantaloupe Celery Sticks • Collard Greens (steamed) • Cucumber & Tomato Salad • Cucumber Slices • Diced Peaches • French Fries • Grapes • Green Beans • Kickin' Pinto Beans • Mandarin Oranges • Mashed Potatoes • Mixed Fruit Cup • Orange Glazed Carrots • Pears • Peas & Carrots • Mixed Veggies • Pineapple • Red Pepper Strips • Romaine Side Salad • Seasoned Corn • Sweet Potato Fries • Steamed Squash • Tater Bites • Tomato slices • Watermelon • Zucchini (roasted or fresh) **DRINKS** Apple Juice • Fruit Juice • Grape Juice • Orange Juice • Skim Milk • Skim Chocolate Milk • Strawberry Milk

THE LUNCH PROGRAM The "Offer Vs Serve" Lunch Program was designed by the federal government to eliminate food waste. This program requires each student (K-12th grade) to choose at least 3 of the 5 components each day. Their choices must include 1 fruit and/or vegetable and at least two more of the items offered. We encourage them to take all five items each day. Lunch serving consists of: Entrée (meat/meat/alternates), fruits, vegetables, grains/breads, assortment of low-fat milk.