

Middle School Breakfast & Lunch Menus

January & February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>January is National Soup Month!</p>	<p>February is Black History Month!</p>	<p>OCS Breakfast Biscuit Yogurt Parfait w/ Cinnamon Toast Crunch</p> <p>Chicken Pot w/ Roll Creamed Spinach Vegetable Choice Fruit Choice Milk</p>	<p>French Toast Mini</p> <p>Roasted Chicken w/ Roll Hamburger or Cheeseburger Pinto Beans Sweet Potatoes Green Beans Fruit Choice Milk</p>	<p>Pancake Sausage on a Stick</p> <p>Pizza Glaxed Carrots California Blend Fruit Choice Milk</p>
<p>Southern Breakfast Biscuit</p> <p>Manager's Choice Entree Cheese Sticks w/ Sauce Sweet Potatoes Collard Greens Seasoned Carrots Fruit Choice Milk</p>	<p>Sausage Biscuit</p> <p>Pasta w/ Meatsauce & Garlic Bread Breakfast for Lunch: Eggs, Sausage, Grits & Biscuit</p> <p>Blackeye Peas Potato Roasters Fruit Choice Milk</p>	<p>Eggs w/ Grits & Cheese Toast</p> <p>Chicken & Waffle Turkey Rice Bowl w/ Roll Potatoes Turnip Greens Mixed Vegetables Fruit Choice Milk</p>	<p>Chicken Biscuit</p> <p>Teriyaki Bites w/ Rice Corn Dog Nuggets Coleslaw Manager's Choice Vegetable Garden Salad Fruit Choice Milk</p>	<p>Pancake Sausage Sandwich</p> <p>Pizza Fish w/ Corn Muffin Sweet Potato Corn Steamed Cabbage Fruit Choice Milk</p>
<p>Skillet Frittata</p> <p>Grilled Cheese Sandwich WowButter Sandwich OCS Ciabatta Sandwich Tomato Soup Broccoli Carrots Fruit Choice Milk</p>	<p>Sausage Biscuit</p> <p>Beef or Chicken Nachos Corn Dog Nuggets Black Beans Sweet Potatoes Fruit Choice Milk</p>	<p>OCS Breakfast Biscuit Yogurt Parfait w/ Cinnamon Toast Crunch</p> <p>Chicken Pot Pie w/ Roll Fish Sandwich Creamed Spinach Coleslaw Fruit Choice Milk</p>	<p>French Toast Mini</p> <p>Roasted Chicken w/ Roll Meatloaf Sandwich Steamed Cabbage Baked Beans Fruit Choice Milk</p>	<p>Pancake Sausage Bites</p> <p>Pizza Manager's Choice Entrée Carrot Bag Garden Salad Fruit Choice Milk</p>
<p>Martin Luther King Jr. Holiday No School</p>	<p>Teacher Workday No School</p>	<p>Teacher Workday No School</p>	<p>Chicken Biscuit</p> <p>Teriyaki Bites w/ Rice Pulled Pork Sandwich Coleslaw Manager's Choice Vegetable Garden Salad Fruit Choice Milk</p>	<p>Pancake Sausage Sandwich</p> <p>Pizza Fish w/ Corn Muffin Steamed Cabbage Carrots Fruit Choice Milk</p>
<p>Skillet Frittata</p> <p>Grilled Cheese Sandwich or WowButter Sandwich OCS Ciabatta Sandwich Tomato Soup Broccoli Carrots Fruit Choice Milk</p>	<p>Sausage Biscuit</p> <p>Beef or Chicken Nachos Corn Dog Nuggets Black Beans Sweet Potatoes Fruit Choice Milk</p>	<p>OCS Breakfast Biscuit Yogurt Parfait w/ Cinnamon Toast Crunch</p> <p>Chicken Pot Pie w/ Roll Fish Sandwich Creamed Spinach Coleslaw Fruit Choice Milk</p>	<p>French Toast Mini</p> <p>Roasted Chicken w/ Roll Hamburger or Cheeseburger Steamed Cabbage Baked Beans Fruit Choice Milk</p>	<p>SUPERBOWL! February 1</p> <p>Pancake Sausage on a Stick</p> <p>Wear your favorite team's color!</p> <p>Nachos w/ Cheese Hot Dog French Fries Carrots & Celery Sticks w/ Dip Fruit Choice Milk</p>
<p>Southern Breakfast Biscuit</p> <p>Cheesy Baked Potatoes w/ Italian Sauce or Chili & Roll Chicken Nuggets w/ Roll Sweet Potatoes Collard Greens Seasoned Carrots Fruit Choice Milk</p>	<p>Sausage Biscuit</p> <p>Pasta w/ Meatsauce & Garlic Bread Breakfast for Lunch: Eggs, Sausage, Grits & Biscuit</p> <p>Blackeye Peas Potato Roasters Fruit Choice Milk</p>	<p>Eggs w/ Grits & Cheese Toast</p> <p>Chicken & Waffle Turkey Rice Bowl w/ Roll Potatoes Turnip Greens Mixed Vegetables Fruit Choice Milk</p>	<p>Chicken Biscuit</p> <p>Teriyaki Bites w/ Rice Corn Dog Nuggets Coleslaw Manager's Choice Vegetable Garden Salad Fruit Choice Milk</p>	<p>Pancake Sausage Sandwich</p> <p>Pizza Fish w/ Corn Muffin Steamed Cabbage Carrots Fruit Choice Milk</p>
The following are also available daily:				
Breakfast: Cereal with Graham Crackers, Assorted Grab and Go options, 100% Fruit Juice, Fruit Choice and Fat Free Chocolate, Skim & 1% Milk				
Lunch: Fat Free Chocolate, Skim and 1% Milk				
Grab & Go Box Rice Bowl Bar	Wild Mike's Pizza	OCS Salads Domino's Pizza	Big Daddy's Pizza OCS Egg Power Box	Spicy Chicken Sandwich

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Middle School Breakfast & Lunch Menus

February & March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Skillet Frittata 11</p> <p>Grilled Cheese Sandwich or WowButter Sandwich OCS Ciabatta Sandwich Tomato Soup Broccoli Carrots Fruit Choice Milk</p>	<p>Sausage Biscuit 12</p> <p>Beef or Chicken Nachos Corn Dog Nuggets Black Beans Sweet Potatoes Fruit Choice Milk</p>	<p>OCS Breakfast Biscuit 13 Yogurt Parfait w/ Cinnamon Toast Crunch</p> <p>Chicken Pot Pie w/ Roll Fish Sandwich Creamed Spinach Coleslaw Fruit Choice Milk</p>	<p>Happy Valentine's Day! French Toast Mini 14</p> <p>Roasted Chicken w/ Roll Spaghetti w/ Meatballs & Garlic Toast Tossed Salad Corn Fruit Choice Heart Shaped Treat Milk</p>	<p>Pancake Sausage Bites 15</p> <p>Pizza Manager's Choice Entrée Carrot Bag Garden Salad Fruit Choice Milk</p>
<p>Southern Breakfast Biscuit 18</p> <p>Cheesy Baked Potatoes w/ Italian Sauce or Chili & Roll Cheese Sticks w/ Sauce</p> <p>Sweet Potatoes Collard Greens Seasoned Carrots Fruit Choice Milk</p>	<p>Sausage Biscuit 19</p> <p>Pasta w/ Meatsauce & Garlic Bread Breakfast for Lunch: Eggs, Sausage, Grits & Biscuit</p> <p>Blackeye Peas Potato Roasters Fruit Choice Milk</p>	<p>Eggs w/ Grits & Cheese Toast 20</p> <p>Chicken & Waffle Turkey Rice Bowl w/ Roll</p> <p>Potatoes Turnip Greens Mixed Vegetables Fruit Choice Milk</p>	<p>Chicken Biscuit 21</p> <p>Teriyaki Bites w/ Rice Pulled Pork Sandwich</p> <p>Coleslaw Manager's Choice Vegetable Garden Salad Fruit Choice Milk</p>	<p>Pancake Sausage Sandwich 22</p> <p>Pizza Fish w/ Corn Muffin Steamed Cabbage Sweet Potato Corn Carrots Fruit Choice Milk</p>
<p>Teacher Workday- No School 25</p> <p>March is National Nutrition Month!</p>	<p>Sausage Biscuit 26</p> <p>Beef or Chicken Nachos Corn Dog Nuggets Black Beans Sweet Potatoes Fruit Choice Milk</p>	<p>OCS Breakfast Biscuit 27 Yogurt Parfait w/ Cinnamon Toast Crunch</p> <p>Chicken Pot Pie w/ Roll Fish Sandwich Creamed Spinach Coleslaw Fruit Choice Milk</p>	<p>French Toast Mini 28</p> <p>Roasted Chicken w/ Roll Meatloaf Sandwich Steamed Cabbage Baked Beans Fruit Choice Milk</p>	<p>March 1 Pancake Sausage on a Stick</p> <p>Pizza Manager's Choice Entrée Carrot Bag Garden Salad Fruit Choice Milk</p>
March 4-8 is National School Breakfast Week!				
<p>Southern Breakfast Biscuit 4</p> <p>Cheese Pizza Meatballs w/ Gravy & Rice Turnip Greens Sweet Potatoes Fruit Choice Milk</p>	<p>Sausage Biscuit 5</p> <p>Chicken Rice Bowl Cheeseburger Lima Beans Broccoli Fruit Choice Milk</p>	<p>Early Dismissal 6 Eggs w/ Grits & Cheese Toast</p> <p>Deli Sub Fresh Celery Sticks Fresh Baby Carrots Fruit Cup Milk</p>	<p>Chicken Biscuit 7</p> <p>Pasta w/ Meatsauce & Garlic Bread Chicken Sandwich Garden Salad Manager's Choice Vegetable Fruit Choice Milk</p>	<p>Pancake Sausage Sandwich 8</p> <p>Pizza Fish w/ Corn Muffin Carrots & Celery Bag Corn Fruit Choice Milk</p>
<p>Skillet Frittata 11</p> <p>Macaroni & Cheese w/ Roll Grilled Chicken Sandwich Seasoned Turnip Greens Baked Apples Fruit Choice Milk</p>	<p>Sausage Biscuit 12</p> <p>BBQ Sandwich Manager's Choice Entrée Sweet Potato Fries Baked Beans Fruit Choice Milk</p>	<p>March Madness 13 OCS Breakfast Biscuit Yogurt Parfait w/ Cinnamon Toast Crunch</p> <p>Hot Dog Chicken Nuggets w/ Roll French Fries Baked Beans Oranges Milk</p>	<p>French Toast Mini 14</p> <p>Turkey Rice Bowl Roasted Chicken w/ Roll Steamed Cabbage Pinto Beans Fruit Choice Milk</p>	<p>Pancake Sausage Bites 15</p> <p>Pizza Fish Sandwich French Fries Coleslaw Fruit Choice Milk</p>
<p>Southern Breakfast Biscuit 18</p> <p>Cheese Pizza Meatballs w/ Gravy & Rice Turnip Greens Sweet Potatoes Fruit Choice Milk</p>	<p>Sausage Biscuit 19</p> <p>Chicken Rice Bowl Cheeseburger Lima Beans Broccoli Fruit Choice Milk</p>	<p>Eggs w/ Grits & Cheese Toast 20</p> <p>Meatloaf w/ Roll Chicken & Waffles Potatoes Green Peas Fruit Choice Milk</p>	<p>Chicken Biscuit 21</p> <p>Pasta w/ Meatsauce & Garlic Bread Chicken Sandwich Garden Salad Manager's Choice Vegetable Fruit Choice Milk</p>	<p>Pancake Sausage Sandwich 22</p> <p>Pizza Fish w/ Corn Muffin Carrots & Celery Bag Corn Fruit Choice Milk</p>
<p>Skillet Frittata 25</p> <p>Macaroni & Cheese w/ Roll Grilled Chicken Sandwich Seasoned Turnip Greens Baked Apples Fruit Choice Milk</p>	<p>Sausage Biscuit 26</p> <p>BBQ Sandwich Hot Dog w/ Toppings Sweet Potato Fries Baked Beans Fruit Choice Milk</p>	<p>OCS Breakfast Biscuit 27 Yogurt Parfait w/ Cinnamon Toast Crunch</p> <p>Chicken Nuggets w/ Roll Manager's Choice Entrée Potatoes Broccoli Fruit Choice Milk</p>	<p>French Toast Mini 28</p> <p>Turkey Rice Bowl Roasted Chicken w/ Roll Steamed Cabbage Pinto Beans Fruit Choice Milk</p>	<p>Pancake Sausage Bites 29</p> <p>Pizza Fish Sandwich French Fries Coleslaw Fruit Choice Milk</p>
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Breakfast: Cereal with Graham Crackers, Assorted Grab and Go options, 100% Fruit Juice, Fruit Choice and Fat Free Chocolate, Skim & 1% Milk				
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Grab & Go Box Pizza	Wild Mike's Pizza	OCS Salads Domino's Pizza	Big Daddy's Pizza	Spicy Chicken Sandwich

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