

Middle School November Menu 2017

Monday

Tuesday

Wednesday

Thursday

Friday

Students may prepay for meals Weekly or Monthly. Prices for lunch are \$1.95 Full Price and \$.40 Reduced Price.

BREAKFAST: Students may select all 4 food groups, but must select at least 3 food groups to make a complete meal. A fruit or vegetable is required.

LUNCH: Students may select all 5 food groups, but must select at least 3 food groups to make a complete meal. A fruit or vegetable is required.

Nutritional information (including common food allergens) may be viewed on-line at the Food & Nutrition Services home page at: www.spsk12.net/departments/food-services (Go to the Nutrition Information link).

**Disclaimer: The allergen information is based on product information sheets and ingredient labels from manufacturers. Variations may occur due to difference in supplies, product and ingredient substitutions, and formulation changes.*

1 Choice of One
Chicken Lo Mein w/wo Hot Roll;
Toriyaki Chicken w/wo White Rice and w/wo Hot Roll
Spicy Chicken Fillet Sandwich
Nachos w/Beef & Cheese
Fresh Chef Salad w/wo Hot Roll

Choose Up To Two:
Crispy Potato Bucks
Sweet Green Peas
Fresh Celery Sticks
Fresh Side Salad

Choose Up To Two:
Chilled Peaches
Fresh Orange Wedges

2 Choice of One
Grilled Hot Dog on Bun (all beef)
Hamburger/Cheeseburger on Bun
N C Pork BBQ on Bun
Nachos w/Beef & Cheese
Fresh Chef Salad w/wo Hot Roll

Choose Up To Two:
Seasoned Potato Sticks
Baked Beans
Fresh Side Salad

Choose Up To Two:
Chilled Strawberry Cup
Fresh Pear

3 Choice of One
Buffalo Wings w/wo Hot Roll /Traditional Wings w/wo Hot Roll / Boneless BBQ Wings w/wo Hot Roll
Nachos w/Beef & Cheese
Fresh Chef Salad w/wo Hot Roll

Choose Up To Two:
Oven Baked Potato Wedges
Corn on the Cob
Fresh Broccoli
Fresh Side Salad

Choose Up To Two:
Chilled Pineapple Tidbits
Fresh Banana

6 Choice of One
Cheese or Supreme Pizza
Spaghetti & Meat Sauce w/wo Hot Roll
Nachos w/Beef & Cheese
Fresh Chef Salad w/wo Hot Roll
Tuna Salad Cold Plate w/wo Hot Roll

Choose Up To Two:
Oven Baked Fries
Green Beans
Steamed Broccoli
Fresh Side Salad

Choose Up To Two:
Chilled Applesauce
Fresh Grapes

7
Teacher's Clerical Day

Students Not in School

8 Choice of One
Chicken Lo Mein w/wo Hot Roll;
Tangerine Chicken w/wo Fried Rice and w/wo Hot Roll
Breaded Chicken Fillet Sandwich
Nachos w/Beef & Cheese
Fresh Chef Salad w/wo Hot Roll

Choose Up To Two:
Crispy Potato Bucks
Sweet Green Peas
Fresh Celery Sticks
Fresh Side Salad

Choose Up To Two:
Chilled Peaches
Fresh Orange Wedges

9 Choice of One
Grilled Hot Dog on Bun (all beef)
Hamburger/Cheeseburger on Bun
N C Pork BBQ on Bun
Nachos w/Beef & Cheese
Fresh Chef Salad w/wo Hot Roll

Choose Up To Two:
Seasoned Potato Sticks
Baked Beans
Fresh Side Salad

Choose Up To Two:
Chilled Strawberry Cup
Fresh Pear

10
Veterans Day Holiday

Students Not in School

Fruits are served daily at Breakfast & Lunch. A variety of ice cold milk is offered with each meal.

Breakfast Menu

Choose From One of the Featured Items:

Monday – Blueberry Muffin

Tuesday – Breakfast Chicken Sandwich

Wednesday – Cheese Omelet &/Bacon w/wo Toast

Thursday – Breakfast Sausage Sandwich

Friday – TONY'S Breakfast Pizza

OR Choose One of the Items Offered Daily: Assorted reduced sugar

Cereals w/wo Toast, Pop Tarts w/wo Toast, Breakfast Bun, Donut

Holes, Yogurt w/wo Toast

Choice of Assorted Fresh Fruits or Fruit Juices

Breakfast Price: \$.85 full-price \$.30 Reduced Price

MySchoolBucks.com App – Download the MySchoolBucks.com mobile app to your smart phone or tablet. MySchoolBucks.com is a secure online prepayment service for student meal accounts. The service is FREE to parents to monitor meal account history and available money on the child's account. Parents may make prepayments to their child's (lunch, breakfast and ala carte food accounts online at all schools (Elementary, Middle & High Schools). MySchoolBucks.com charges \$1.95 fee for credit card payments.

***NOTE: Parent's who have a child that will be attending a new school must update that information in the MySchoolBucks.com account- - -**

Questions or concerns regarding the School Breakfast or Lunch Programs at Suffolk Public Schools can be directed to the Director of Food and Nutrition Services by calling 925-5789, or by e-mailing Brian Williams at: brianwilliams@spsk12.net

Applications for Free and Reduced-Price meals are available at each school office and also on-line at sps.heartlandapps.com
Applications are accepted daily throughout the school year. For more information please call 925-5789

<p>13 Choice of One Buffalo Chicken or Pepperoni Pizza Spaghetti & Meat Sauce w/wo Hot Roll Nachos w/Beef & Cheese Fresh Chef Salad w/wo Hot Roll Chicken Salad Cold Plate w/wo Hot Roll</p> <p>Choose Up To Two: Oven Baked Fries Green Beans Steamed Broccoli Fresh Side Salad</p> <p>Choose Up To Two: Chilled Applesauce Fresh Grapes</p>	<p>14 Choice of One BBQ Chicken w/wo Hot Roll Shrimp w Mac & Cheese w/wo Hot Roll Chicken Tenders w/wo Hot Roll Nachos w/Beef & Cheese Fresh Chef Salad w/wo Hot Roll</p> <p>Choose Up To Two: Mashed Potatoes w/wo Gravy Whole Kernel Corn Fresh Baby Carrots Fresh Side Salad</p> <p>Choose Up To Two: Chilled Mixed Fruit Fresh Apple</p>	<p>15 Choice of One Chicken Lo Mein w/wo Hot Roll; Teriyaki Chicken w/wo White Rice and w/wo Hot Roll Spicy Chicken Fillet Sandwich Nachos w/Beef & Cheese Fresh Chef Salad w/wo Hot Roll</p> <p>Choose Up To Two: Crispy Potato Bucks Sweet Green Peas Fresh Celery Sticks Fresh Side Salad</p> <p>Choose Up To Two: Chilled Peaches Fresh Pear</p>	<p>16 HOLIDAY MEAL Choice of One Roast Turkey w/wo Dressing & Gravy w/wo Hot Roll Hamburger/Cheeseburger on Bun</p> <p>Fresh Chef Salad w/wo Hot Roll</p> <p>Choose Up To Two Fresh Baked Sweet Potato Green Beans Fresh Side Salad</p> <p>Choose Up To Two: Chilled Pears Fresh Tangerine</p>	<p>17 Choice of One Breaded Chicken Fillet Sandwich Nachos w/Beef & Cheese Fresh Chef Salad w/wo Hot Roll</p> <p>Choose Up To Two: Oven Baked Potato Wedges Fresh Side Salad</p> <p>Choose Up To Two: Juice Box (100% fruit juice) Assorted Fresh Fruit</p> <p style="text-align: center;">Early Dismissal Day</p> <p style="text-align: center;">PARENT TEACHER CONFERENCES</p>
<p>20 Choice of One Cheese or Supreme Pizza Spaghetti & Meat Sauce w/wo Hot Roll Nachos w/Beef & Cheese Fresh Chef Salad w/wo Hot Roll Tuna Salad Cold Plate w/wo Hot Roll</p> <p>Choose Up To Two: Oven Baked Fries Green Beans Steamed Broccoli Fresh Side Salad</p> <p>Choose Up To Two: Chilled Applesauce Fresh Grapes</p>	<p>21 Choice of One Oven Fried Chicken w/wo Hot Roll Shrimp w/Mac & Cheese w/wo Hot Roll Chicken Tenders w/wo Hot Roll Nachos w/Beef & Cheese Fresh Chef Salad w/wo Hot Roll</p> <p>Choose Up To Two: Mashed Potatoes w/wo Gravy Whole Kernel Corn Fresh Baby Carrots Fresh Side Salad</p> <p>Choose Up To Two: Chilled Pears Fresh Apple</p>	<p>22 Choice of One Spicy Chicken Fillet Sandwich Nachos w/Beef & Cheese Fresh Chef Salad w/wo Hot Roll</p> <p>Choose Up To Two: Crispy Potato Bucks Fresh Side Salad</p> <p>Choose Up To Two: Juice Box (100% fruit juice) Assorted Fresh Fruit</p> <p style="text-align: center;">Early Dismissal Day</p>	<p>23</p> <p>HOLIDAY THANKSGIVING</p> <p>Students Not in School</p>	<p>24</p> <p style="text-align: center;">Students Not in School</p>
<p>27 Choice of One Buffalo Chicken or Pepperoni Pizza Spaghetti & Meat Sauce w/wo Hot Roll Nachos w/Beef & Cheese Fresh Chef Salad w/wo Hot Roll Chicken Salad Cold Plate w/wo Hot Roll</p> <p>Choose Up To Two: Oven Baked Fries Green Beans Steamed Broccoli Fresh Side Salad</p> <p>Choose Up To Two: Chilled Applesauce Fresh Grapes</p>	<p>28 Choice of One BBQ Chicken w/wo Hot Roll Shrimp w/Mac & Cheese w/wo Hot Roll Chicken Tenders w/wo Hot Roll Nachos w/Beef & Cheese Fresh Chef Salad w/wo Hot Roll</p> <p>Choose Up To Two: Mashed Potatoes w/wo Gravy Whole Kernel Corn Fresh Baby Carrots Fresh Side Salad</p> <p>Choose Up To Two: Chilled Mixed Fruit Fresh Apple</p>	<p>29 Choice of One Chicken Lo Mein w/wo Hot Roll; Teriyaki Chicken w/wo White Rice and w/wo Hot Roll Chicken Fillet Sandwich Nachos w/Beef & Cheese Fresh Chef Salad w/wo Hot Roll</p> <p>Choose Up To Two: Crispy Potato Bucks Sweet Green Peas Fresh Celery Sticks Fresh Side Salad</p> <p>Choose Up To Two: Chilled Peaches Fresh Tangerine</p>	<p>30 Choice of One Grilled Hot Dog on Bun (all beef) Hamburger/Cheeseburger on Bun N C Pork BBQ on Bun Nachos w/Beef & Cheese Fresh Chef Salad w/wo Hot Roll</p> <p>Choose Up To Two: Seasoned Potato Sticks Baked Beans Fresh Side Salad</p> <p>Choose Up To Two: Chilled Strawberry Cup Fresh Pear</p>	<p style="text-align: center;">Student Meal Charges/Negative Account Balance: When a student account balance exceeds \$15.00, we will attempt to contact the parent or guardian by phone. In addition, a collection notice letter will be mailed requesting payment within ten business days. <u>If the requested debt payment is not satisfied by the due date, the entire outstanding balance in addition to any current meal charges will be turned over to the City for collection of the amount and any applicable fees.</u> Students who have a negative account balance will NOT be allowed to purchase or charge ala carte snacks and beverages. In accordance with State Law, returned checks will be processed for collection and allowable bank and collection agency fees will be charged.</p>

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.