



Greenville Middle School/High School - September 2017 Menu

Express Station

Open from
7:00 am to 3:00 pm

Perpetual Goodies

Cereal, Cheese Sticks, Chips, Fruits, Granola Bars, Grab & Go Snacks, Hot Pretzels, Yogurt Parfait, Trail Mix, Yogurt

Hot Snacks

Popcorn Chicken, Stuffed Crust Pizza, Fries, Egg Rolls

Beverages

Coffee, Hot Tea, Hot Chocolate, Sparkling Ice, Arnold Palmer Half & Half, Powerade, Vitamin Water, Dasani Seltzer, Bottled Water

Mid-Day Delights

Pre-made Wraps, Turkey BLT, Ham & Cheese, Buffalo Chicken

Breakfast has 3 components:

- Grain/Meat/Meat Alternate
- Milk
- Fruits/Vegetable

A complete meal includes 2 out of 3 components.

Lunch has 5 components

- Fruit
- Vegetable
- Grain
- Milk
- Meat/Meat Alternate

A complete meal includes 3 out of 5 components with 1 being a fruit or vegetable.

Lunch Items Available Daily Sandwiches: -PB & J -Turkey -Ham All served on Wheat Bread			Vegetable: Hummus & Carrot Sticks	Salad Bar	September 2017		Friday Sept 1 No School
------------------------------------------------------------------------------------------------------------------	--	--	------------------------------------------------	---------------------	-----------------------	--	---------------------------------------

Monday Sept 4 	Tuesday Sept 5 Superintendent's Conference Day	Wednesday Sept 6 Chicken Tenders (Plain or Buffalo) Honey Dill Carrots	Thursday Sept 7 Burger w/ Smiley Fries	Friday Sept 8 Fresh Made Pizza w/ Green Romaine Salad
------------------------------	--------------------------------------------------------------	---------------------------------------------------------------------------------------------	------------------------------------------------------	---------------------------------------------------------------------

Monday Sept 11 Hot Dog & Potato Salad	Tuesday Sept 12 Turkey Chili w/ Nacho Chips	Wednesday Sept 13 Chicken Soft Taco (seasoned chicken, flour tortilla, salsa, sour cream)	Thursday Sept 14 Campbell's Tomato Soup & Toasted Cheese Sandwich	Friday Sept 15 Fresh Made Pizza w/ Green Romaine Salad
-----------------------------------------------------	-----------------------------------------------------------	---------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------	----------------------------------------------------------------------

Monday Sept 18 Filet O' Fish Sandwich w/ Fries	Tuesday Sept 19 Ham & Cheese Sandwich w/ Macaroni Salad & Pickle	Wednesday Sept 20 Chicken Tenders (Plain or Buffalo) Steamed Carrots	Thursday Sept 21 Rotini Pasta w/ Marinara Sauce & Cheese Sticks	Friday Sept 22 Fresh Made Pizza w/ Green Romaine Salad
--------------------------------------------------------------	--------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------	----------------------------------------------------------------------

Monday Sept 25 Italian Dunker (Toasted Mozzarella Cheese Sandwich w/Marinara Dipping Sauce) w/ Steamed Broccoli	Tuesday Sept 26 Sloppy Joe w/ Veggie Rice Pilaf	Wednesday Sept 27 Thai Chicken Wrap w/ Spicy Cole Slaw	Thursday Sept 28 Ham & Cheese Bagel Melt w/ Roasted Sweet Potatoes	Friday Sept 29 Fresh Made Pizza w/ Green Romaine Salad
-------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------	----------------------------------------------------------------------	----------------------------------------------------------------------------------	----------------------------------------------------------------------

Milk Available daily: Fat Free Strawberry & Chocolate, 1% White | All Servings of bread and pasta are whole grain.
Menu subject to change without notice. | USDA is an equal opportunity provider and employer.

Breakfast

7:50 am to 9:15 am

Available Daily

Bagels & Cream Cheese
 Crowley 6 oz. Yogurt
 Cereal

Monday

Mini Pancakes

Tuesday

Waffle & Sausage Sandwich

Wednesday

Cinnamon Rolls
 Breakfast Pizza

Thursday

Fresh Baked Muffins
 Jiffy Pancake & Sausage Stick

Friday

Hot Breakfast Sandwich on an English Muffin

All Meals Include:
 Choice of milk, fruit or juice, and selected daily entrée

Meal Prices

Breakfast \$2.00
 Lunch \$3.00
 Milk \$0.65

September

Meal Calculator

18 Breakfasts = \$36.00
 18 Lunches = \$54.00

Please note there is a five (5) meal charging limit, as outlined in the District's Meal Charge Policy.