

Minford Local Schools

September

Cafeteria Menu



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1	Breakfast Breakfast Bun Go-Gurt, Fruit Lunch Meatloaf Baked Redskin Potatoes Green Beans, Roll, Fruit	2	Breakfast Strawberries/Cream Stuffed Bagels Scrambled Eggs, Fruit Lunch Pizza Bagel Bites Pasta Salad, Fruit
Second Lunch Option: Cheeseburger									
5	Labor Day- No School	6	Breakfast French Toast Sticks w/syrup Fruit Lunch Beefy Nachos w/cheese, lettuce tomatoes, salsa, sour cream Beans, Fruit	7	Breakfast Berry Crunch Bar Scrambled Eggs, Fruit Lunch Asian Chicken, Slaw Pretzel Stick, Fruit	8	Breakfast Breakfast Sausage Pizza Fruit Lunch Fried Chicken, Mashed Potatoes Green Beans, Roll	9	Breakfast Donut String Cheese, Fruit Lunch Pepperoni Pizza Sweet Potato Tots, Fruit
Second Lunch Option: Turkey Sandwich									
12	Breakfast French Toast Bites w/syrup Fruit Lunch Breaded Chicken Patty Sandwich w/lettuce, tomato Crinkle Fries, Fruit	13	Breakfast Assorted Cereal Yogurt or String Cheese, Fruit Lunch Chicken Quesadilla, Beans/cheese Side Salad, Fruit	14	Breakfast Cinnamon Pretzel Stix Scrambled Eggs Lunch Cheeseburger w/lettuce, tomato, pickles Fries, Fruit	15	Breakfast Blueberry Muffin Turkey Bacon, Fruit Lunch Chili, PB&J Uncrustable or Cornbread Fruit, Veggie Juice	16	Breakfast Assorted Cereal Yogurt or String Cheese, Fruit Lunch French Bread Pizza Side Salad Frozen Yogurt Cup, Fruit
Second Lunch Option: Uncrustable									
19	Breakfast Breakfast Bagel Yogurt Lunch Grilled Chicken Breasts Baked Redskin Potatoes Slaw, Roll, Fruit	20	Breakfast Pancakes w/syrup Fruit Lunch Beefy Nachos w/cheese, lettuce tomatoes, salsa, sour cream Beans, Fruit	21	Breakfast Assorted Cereal Yogurt or String Cheese, Fruit Lunch Mini Corn Dogs Sweet Potato Waffle Fries Baby Carrots, Fruit	22	Breakfast Mini Waffles w/syrup Fruit Lunch Beef Stew, Mashed Potatoes Green Beans, Roll Fruit	23	Breakfast Pancake/Sausage Sticks Fruit Lunch Cheese Sticks w/Marinara Sauce Side Salad Fruit
Second Lunch Option: Ham Sandwich									
26	Breakfast Cinnamon Rolls Sausage Links, Fruit Lunch Popcorn Chicken Baked Beans, Side Salad Fruit	27	Breakfast Donut, Scrambled Eggs Fruit Lunch Taco Bowl w/cheese, lettuce tomatoes, salsa, sour cream Beans, Fruit	28	Breakfast Assorted Cereal Yogurt or String Cheese, Fruit Lunch Hot Dog w/Meat Sauce Sweet Potato Fries Fruit	29	Breakfast Blueberry Muffin Turkey Bacon, Fruit Lunch Salisbury Steak, Mashed Potatoes Corn, Baked Apples Roll, Fruit	30	Breakfast Yogurt Parfaits w/Crunch Topping Fruit Lunch Meatball Subs Side Salad Fruit
Second Lunch Option: Chicken Patty Sandwich									

2022-2023 Meal Prices		
Category	Breakfast	Lunch
PK - 8	\$1.85	\$2.85
9 - 12	\$2.10	\$3.10
PK-12	\$0.30	\$0.40
Adults	\$2.75	\$3.75
Extra milk	\$0.40	\$0.40

Meals include:

- Whole-Grain Wheat Ingredients
- 1% Low-Fat or Fat Free Chocolate Milk
- Fruit and/or 100% Fruit Juice

Meal Requirements:

Meals comply with USDA meal requirement standards. Students must take minimum components of fruit or vegetables. Grades 6-8, 9-12 may be offered additional items in order to meet the requirements.

Food Allergies:

Students with food allergies must have a Diet Order Form OR a note from his/her doctor on file with the Food Service Director. Forms can be found on the district website at <https://www.minfordfalcons.net>

Menus are subject to change without notice due to inclement weather and/or supply shortages.

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