

SKYRIDGE MIDDLE SCHOOL

September 2017

Breakfast Prices

Breakfast: \$1.85

Reduced: Free

Lunch Prices

Lunch: \$2.95

Reduced: \$0.40

Daily Breakfast

- Choice of daily entree listed below
- Variety of whole grain cereal
 - Whole wheat bagels
 - Oatmeal
 - Fruit Smoothies
- A variety of fruits and milk.

Second Chance Breakfast

Cereal Bar with Cheese Stick, Bagel & Cream Cheese, Muffins, Fruit and Vegetable of the day

Monday: Pop Tarts & Cheese Stick

Tuesday: Giant Fish Graham with Cheese Stick

Wednesday: WG Pretzel & Strawberry Cream Cheese

Thursday: Strawberry Yogurt Chex Mix with Cheese Stick

Friday: Wheat Crackers with Cheese Sticks

Weekly Sandwich Choices

9/5 – 9/8: Chicken BLT Wrap

9/11 – 9/15: Crispy Chicken Wrap

9/18 – 9/22: Waikiki Wrap

9/25 – 9/29: Chicken Caesar Wrap

Build Your Own Sandwich Deli Bar

Featuring weekly sandwich specials

Weekly Salad Choices

9/5 – 9/8: Greek Salad

9/11 – 9/15: Buffalo Chicken Salad

9/18 – 9/22: Fiesta Salad

9/25 – 9/29: Crispy Chicken Salad

Choice of Chef or Chicken Caesar Salads daily

EVERYDAY GRILL CHOICES

- Chicken Burger
- Hamburger
- Cheeseburger

EVERYDAY PIZZA CHOICES

- Cheese Pizza
- Pepperoni Pizza

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| <p><u>9/4</u></p> <p>NO SCHOOL</p> <p>All meals include a visit to the salad bar & milk!</p> | <p><u>9/5</u></p> <p><u>Breakfast Burrito</u></p> <p>Chili Frito Pie Corn Dog Specialty Parfait</p> | <p><u>9/6</u></p> <p>Ham & Cheese <u>Muffin</u></p> <p>Tater Bake Spicy Chicken Burger Specialty Parfait</p> | <p><u>9/7</u></p> <p><u>Pancakes</u></p> <p>Chicken Potato Bowl Corn Dog Specialty Parfait <u>Dessert:</u> Cookie!</p> | <p><u>9/8</u></p> <p>Smoothie w/ Graham <u>Cracker</u></p> <p>Chicken Parmesan w/ Buttered Noodles Spicy Chicken Burger Specialty Parfait</p> |
| <p><u>9/11</u></p> <p><u>Waffles</u></p> <p>Pho Garden Burger Specialty Parfait <i>Fortune Cookie</i></p> | <p><u>9/12</u></p> <p><u>Cherry Fruit Pocket</u></p> <p>Hamburger w/ Mashed Potatoes & Gravy Corn Dog Specialty Parfait</p> | <p><u>9/13</u></p> <p>Ham & Cheese <u>Muffin</u></p> <p>Cheesy Breadsticks Spicy Chicken Burger Specialty Parfait</p> | <p><u>9/14</u></p> <p><u>French Toast & Sausage</u></p> <p>Fish Po'boy Sandwich Corn Dog Specialty Parfait <u>Dessert:</u> Cookie!</p> | <p><u>9/15</u></p> <p>Smoothie w/ Graham <u>Cracker</u></p> <p>Chicken Alfredo Spicy Chicken Burger Specialty Parfait</p> |
| <p><u>9/18</u></p> <p><u>French Toast Sticks</u></p> <p>Cheesy Chicken Bowl Garden Burger Specialty Parfait <i>Fortune Cookie</i></p> | <p><u>9/19</u></p> <p><u>Apple Fruit Pocket</u></p> <p>Pork Street Tacos Corn Dog Specialty Parfait</p> | <p><u>9/20</u></p> <p><u>Cinnamon Roll</u></p> <p>Cheesy Twisted Dogs Spicy Chicken Burger Specialty Parfait</p> | <p><u>9/21</u></p> <p><u>Blueberry Bagel</u></p> <p>Grilled Cheese & Soup Corn Dog Specialty Parfait <u>Dessert:</u> Cookie!</p> | <p><u>9/22</u></p> <p>Smoothie w/ Graham <u>Cracker</u></p> <p>Beef Lasagna Spicy Chicken Burger Specialty Parfait</p> |
| <p><u>9/25</u></p> <p><u>Pancake on a Stick</u></p> <p>Cheese Ravioli & Breadstick Garden Burger Specialty Parfait</p> | <p><u>9/26</u></p> <p><u>Breakfast Burrito</u></p> <p>Chicken Pot Pie Corn Dog Specialty Parfait</p> | <p><u>9/27</u></p> <p>Ham & Cheese <u>Muffin</u></p> <p>Handrolled Burrito Verde Spicy Chicken Burger Specialty Parfait</p> | <p><u>9/28</u></p> <p><u>Pancakes</u></p> <p>Baked Chicken w/ Cheesy Potatoes Corn Dog Specialty Parfait <u>Dessert:</u> Cookie!</p> | <p><u>9/29</u></p> <p>Smoothie w/ Graham <u>Cracker</u></p> <p>Queso Mac & Cheese Spicy Chicken Burger Specialty Parfait</p> |