

middle school

daily choice
BREAKFAST
Cereal w/Toast

daily choice
LUNCH
PB&J Sandwich

Menu is subject to change without notice and is based on availability and seasonality of food items. Breakfast items are listed in purple italics. Lunch entrée choices are listed below in bold type. Every meal includes choice of milk. All side items are listed below the calendar and rotate throughout the week.



**MERKEL ISD
MIDDLE SCHOOL
2020-2021**

BREAKFAST

Students \$1.70
Faculty/Staff \$2.00
Adult Guests \$2.50

LUNCH

Students \$2.75
Faculty/Staff \$3.50
Adult Guests \$4.00

This institution is an equal opportunity provider.

EXTRAS

Extra Entrée \$2.25
Fresh Fruit/Veggies \$1.50
Chips (assorted) \$1.00
Cereal Bars (assorted) 75¢
Pop Tarts (assorted) 75¢
Chex-Mix/Goldfish (assorted) 75¢
Rice Krispies (variety) 75¢
Cookie Variety (assorted) 50¢
Brownie Cookie 75¢
Parfait (assorted) \$1.50
Ice Cream \$1.25
Bottled Water \$1.00
Capri Sun (assorted) \$1.00

Items are à la carte and may be purchased in addition to a cafeteria lunch or a lunch from home. You may also send restrictions for your student. "Extras" may be purchased with cash or your account. They may NOT be charged.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Apple Frudel</i> <i>Egg & Cheese Biscuit Melt</i> GRILL DAY! Chicken Alfredo Penne & Breadstick</p> <p>AUG 17</p>	<p>Cinnamon Roll Sausage Kolache MASHED Potato Bar Breaded Chicken Sandwich</p> <p>AUG 18</p>	<p>Cheesy Omelet & Tater Bites Breakfast Sausage Pizza GRILL DAY! Chicken Fajita Quesadilla</p> <p>AUG 19</p>	<p>Muffin & Yogurt Egg, Ham & Cheese Pancake Griddle Sandwich Taco/Nacho Bar Chicken Fried Steak Sandwich</p> <p>AUG 20</p>	<p>Cinnamon French Toast Country Chicken Biscuit PIZZA DAY Sloppy Joe</p> <p>AUG 21</p>
<p><i>Egg, Ham & Cheese Burrito</i> <i>Maple Pancake Sausage</i> <i>Wrap on a stick</i> GRILL DAY! Pizza Maxx Sticks & Marinara</p> <p>AUG 24</p>	<p>Bfast Sausage Quesadilla Sausage Kolache Taco/Nacho Bar Southwest Meatloaf w/Gravy & Roll</p> <p>AUG 25</p>	<p>Sausage & Cheese Biscuit Melt Cherry Frudel GRILL DAY! Grilled Cheese</p> <p>AUG 26</p>	<p>Vanilla Glazed Donut Sausage Breakfast Pizza Taco/Nacho Bar Chicken Drumstick & Roll</p> <p>AUG 27</p>	<p>Maple Burst Pancakes Egg & Cheese Biscuit Melt PIZZA DAY Chili Fries & Roll</p> <p>AUG 28</p>
<p><i>Sausage & Cheese Frittata</i> <i>Country Chicken Biscuit</i> GRILL DAY! Chicken Nuggets & Roll</p> <p>AUG 31</p>	<p>Vanilla Glazed Donut Egg, Sausage & Cheese Sandwich MASHED Potato Bar Meatball Sub</p> <p>SEP 1</p>	<p><i>Egg, Ham & Cheese Burrito</i> <i>Breakfast Sausage Pizza</i> GRILL DAY! Chicken Parmesan & Spaghetti w/Marinara & Breadstick</p> <p>SEP 2</p>	<p>CinnaMini Rolls Ham & Cheese Biscuit Melt Taco/Nacho Bar Corn Dog</p> <p>SEP 3</p>	<p>Biscuit & Gravy Cinnamon French Toast PIZZA DAY Beef & Bean Burrito</p> <p>SEP 4</p>
<p>SCHOOL HOLIDAY</p> <p>SEP 7</p> <p>LABOR DAY</p>	<p>Ham & Cheese Biscuit Melt Poptart MASHED Potato Bar Beef Enchiladas & Mexican Rice</p> <p>SEP 8</p>	<p>Country Chicken Biscuit Smoothie: Strawberry Grape GRILL DAY! Chicken & Mashed Potato Bowl</p> <p>SEP 9</p>	<p>Vanilla Glazed Donut Maple Pancake Sausage Wrap on a stick Taco/Nacho Bar Pizza Maxx Sticks & Marinara</p> <p>SEP 10</p>	<p>Cherry Frudel Egg & Cheese Biscuit Melt PIZZA DAY BBQ Pork Riblet Sandwich</p> <p>SEP 11</p>
<p>Biscuits & Gravy Cinnamon French Toast GRILL DAY! Salisbury Steak w/Gravy & Roll</p> <p>SEP 14</p>	<p>Waffles & Syrup Breakfast Sausage Pizza Taco/Nacho Bar Chicken Tenders & Roll</p> <p>SEP 15</p>	<p>Sausage & Cheese Scrambled Eggs & Tater Bites Cheese-Stuffed Breadstick GRILL DAY! Beef Lasagna & Garlic Toast</p> <p>SEP 16</p>	<p>Strawberry Splash Pancakes Egg, Sausage & Cheese Sandwich Taco/Nacho Bar Steak Fingers & Roll</p> <p>SEP 17</p>	<p>Muffin Country Chicken Biscuit PIZZA DAY Chili Cheese Dog EARLY RELEASE</p> <p>SEP 18</p>
<p><i>Apple Frudel</i> <i>Egg & Cheese Biscuit Melt</i> GRILL DAY! Chicken Alfredo Penne & Breadstick</p> <p>SEP 21</p>	<p>Cinnamon Roll Sausage Kolache MASHED Potato Bar Breaded Chicken Sandwich</p> <p>SEP 22</p>	<p>Cheesy Omelet & Tater Bites Breakfast Sausage Pizza GRILL DAY! Chicken Fajita Quesadilla</p> <p>SEP 23</p>	<p>Muffin & Yogurt Egg, Ham & Cheese Pancake Griddle Sandwich Taco/Nacho Bar Chicken Fried Steak Sandwich</p> <p>SEP 24</p>	<p>Cinnamon French Toast Country Chicken Biscuit PIZZA DAY Sloppy Joe</p> <p>SEP 25</p> <p><i>End of 1st Grading Period</i></p>
<p>SCHOOL HOLIDAY</p> <p>SEP 28</p>	<p>Bfast Sausage Quesadilla Sausage Kolache Taco/Nacho Bar Southwest Meatloaf w/Gravy & Roll</p> <p>SEP 29</p> <p><i>Beginning of 2nd Grading Period</i></p>	<p>Sausage & Cheese Biscuit Melt Cherry Frudel GRILL DAY! Grilled Cheese</p> <p>SEP 30</p>	<p>Vanilla Glazed Donut Sausage Breakfast Pizza Taco/Nacho Bar Chicken Drumstick & Roll</p> <p>OCT 1</p>	<p>Maple Burst Pancakes Egg & Cheese Biscuit Melt PIZZA DAY Chili Fries & Roll</p> <p>OCT 2</p>
<p>SCHOOL HOLIDAY</p> <p>OCT 5</p>	<p>Vanilla Glazed Donut Egg, Sausage & Cheese Sandwich MASHED Potato Bar Meatball Sub</p> <p>OCT 6</p>	<p><i>Egg, Ham & Cheese Burrito</i> <i>Breakfast Sausage Pizza</i> GRILL DAY! Chicken Parmesan & Spaghetti w/Marinara & Breadstick</p> <p>OCT 7</p>	<p>CinnaMini Rolls Ham & Cheese Biscuit Melt Taco/Nacho Bar Corn Dog</p> <p>OCT 8</p>	<p>Biscuit & Gravy Cinnamon French Toast PIZZA DAY Beef & Bean Burrito</p> <p>OCT 9</p>
<p>SCHOOL HOLIDAY</p> <p>OCT 12</p>	<p>Ham & Cheese Biscuit Melt Poptart MASHED Potato Bar Beef Enchiladas & Mexican Rice</p> <p>OCT 13</p>	<p>Country Chicken Biscuit Smoothie: Strawberry Grape GRILL DAY! Chicken & Mashed Potato Bowl</p> <p>OCT 14</p>	<p>Vanilla Glazed Donut Maple Pancake Sausage Wrap on a stick Taco/Nacho Bar Pizza Maxx Sticks & Marinara</p> <p>OCT 15</p>	<p>Cherry Frudel Egg & Cheese Biscuit Melt PIZZA DAY BBQ Pork Riblet Sandwich</p> <p>OCT 16</p>

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GRILL DAY! Hamburger Cheeseburger Chicken Sandwich	MASHED Potato Bar MASHED Potato pick 1: Chili or Ham or Taco Meat top it: Broccoli or Sour Cream	TACO/NACHO BAR choose: Beef or Chicken Hard Shells or Tortillas or Chips	GRILL DAY! Hamburger Cheeseburger Chicken Sandwich	TACO/NACHO BAR Beef or Chicken Hard Shells or Tortillas or Chips	PIZZA check out the weekly special
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EVERYDAY SIDES (available seasonally, items rotate each day) Apple • Applesauce • Baby Carrots • Baked Beans • Banana • Broccoli (steamed or fresh) • Cantaloupe Celery Sticks • Collard Greens (steamed) • Cucumber & Tomato Salad • Cucumber Slices • Diced Peaches • French Fries • Grapes • Green Beans • Kickin' Pinto Beans • Mandarin Oranges • Mashed Potatoes • Mixed Fruit Cup • Orange Glazed Carrots • Pears • Peas & Carrots • Mixed Veggies • Pineapple • Red Pepper Strips • Romaine Side Salad • Seasoned Corn • Sweet Potato Fries • Steamed Squash • Tater Bites • Tomato slices • Watermelon • Zucchini (roasted or fresh) | **DRINKS** Apple Juice • Fruit Juice • Grape Juice • Orange Juice • Skim Milk • Skim Chocolate Milk • Strawberry Milk

THE LUNCH PROGRAM The "Offer Vs Serve" Lunch Program was designed by the federal government to eliminate food waste. This program requires each student (K-12th grade) to choose at least 3 of the 5 components each day. Their choices must include 1 fruit and/or vegetable and at least two more of the items offered. We encourage them to take all five items each day. Lunch serving consists of: Entrée (meal/meat/alternates), fruits, vegetables, grains/breads, assortment of low-fat milk.