

September 2019 – Deer Park Middle School



EVERYDAY CHOICES

Chicken Caesar Salad and Roll, Chef Salad and Roll
Featured Salad:



Monday: Chicken Caesar Wrap
Tuesday: Southwest Wrap
Wednesday: Chicken Taco Salad
Thursday: Crispy Chicken Salad
Friday: Chicken Bacon Ranch Wrap

EVERYDAY Choices

Ham and Cheese Sub
Turkey and Cheese Sub
New!! Sun Butter and Jelly Sandwich with a Cheese Stick

Mon- American Sub-Tues- Italian Sub
Wed Philly Sub Thurs-American Sub
Friday-Triple Decker Sub



EVERYDAY CHOICES

Cheeseburger or Chicken Burger
Spicy Chicken Burger

Rotating Special: Corn Dog (M), BBQ Rib Sandwich (T),
Western Burger (W), Fishwich (Th),
Chicken Cordon Bleu (F)
All Sandwiches served on a Whole Grain Bun.

Meal Prices:
Student Full Price: Breakfast FREE, Lunch \$2.90
Student Reduced Price: Breakfast—FREE;
Lunch \$.40

Adult - Breakfast \$3.20, Lunch \$3.80



EVERYDAY CHOICES:
Pepperoni and Cheese Pizza

All pizzas feature low fat cheese, low sodium sauce & whole grain crust

Rotating Special: Chicken Bacon Ranch (M), Hawaiian (T)
Spicy Italian (W), BBQ Pork Pizza (T), Supreme (F)

SIDES OFFERED DAILY WITH LUNCH CHOICES

All you can eat Offering Bar featuring a Variety of Fruits and Vegetables in an inviting variety, Low Fat or Fat Free Milk



<div style="border: 1px solid black; padding: 5px; text-align: center;"> Made to Order Nachos Offered Daily </div>		28 Cereal & Toast, Cereal Bar Bagels & Cream Cheese ~ Stuffed Breadsticks with Marinara Spinach Salad	29 Biscuits and Gravy ~ Lasagna with Parmesan Breadstick Fresh Salad	30 Whole Grain Donut ~ Spaghetti & Meat Sauce with Breadstick and Side Salad
		2 No School Labor Day	3 Sausage Breakfast Pizza ~ Korean Meatballs with Steamed Rice	4 BYO Pancake Bar ~ Chili Cheese Dog with Fries
9 Breakfast Sandwich ~ Breakfast Bowl with Toast	10 Breakfast Bowl ~ Chili Frito Pie with Garden Salad	11 BYO Pancake Bar Tater Tot Casserole with a roll and Side Salad	12 Biscuits and Gravy ~ Chicken Potato Bowl with a Roll	13 Whole Grain Donut ~ Cheeto Mac and Cheese with Steamed Broccoli
16 French Toast Sticks ~ Beef and Cheese Tot'chos With a Roll	17 Sausage Breakfast Pizza ~ Baja Fish Tacos Coleslaw	18 BYO Pancake Bar ~ Chicken Taquito Aztec Corn	19 Biscuits and Gravy ~ Chicken and Waffles with Strawberries	20 Whole Grain Donut Flamin' Cheeto Chicken Pizza Caesar Side Salad
23 Pancake on a Stick Pork Street Tacos Cilantro Lime Rice Black Beans	24 Breakfast Sandwich ~ Loaded Bacon Cheese Fries with a Roll	25 BYO Pancake Bar Pork Posole with Tortilla Chips and Coleslaw	26 Biscuits and Gravy ~ Teriyaki Beef Noodle Bowl with Steamed Rice	27 Whole Grain Donut ~ Nuclear Chicken Burger with Tots
30 Ham & Cheese Frittata Mini Cheese Ravioli with Parmesan Breadstick and Caesar Salad		Daily Breakfast includes cold cereal & toast, fruit, juice and bagels		