



**CALAPOIA MIDDLE SCHOOL**

**SEPTEMBER MENU**



**DAILY SPECIALS**

**Grab & Go Sandwiches, Wraps & Salads**



*\*Sandwiches are served on a WG Sub Roll & Wraps are served on a WG Tortilla.*

<b>9/2</b> <b>Labor Day</b> <b>No SCHOOL</b>	<b>9/3</b> <b>WELCOME BACK!</b> <b>Korean BBQ</b> <b>Meatballs w/ Rice</b>	<b>9/4</b> <b>Chili Cheese Dog w/</b> <b>French Fries</b>	<b>9/5</b> <b>Italian Meatball Sub</b> <b>w/ Caesar Side Salad</b>	<b>9/6</b> <b>Crunchy (Fritos)</b> <b>Beef Burrito</b> <b>w/ Fiesta Corn</b>
<b>9/9</b> <b>Breakfast for Lunch:</b> <b>Ham Breakfast Bowl</b> <b>w/ Toast</b>	<b>9/10</b> <b>Chili Frito Pie w/</b> <b>Garden Side Salad</b>	<b>9/11</b> <b>Tater Tot Casserole</b> <b>w/ Roll &amp; Caesar Side</b> <b>Salad</b>	<b>9/12</b> <b>Chicken Potato Bowl</b> <b>w/ Roll</b>	<b>9/13</b> <b>Flamin' Hot Cheeto</b> <b>Macaroni &amp; Cheese</b> <b>w/ Broccoli</b>
<b>9/16</b> <b>Beef Tot'chos w/ Roll</b>	<b>9/17</b> <b>Baja Fish Tacos w/</b> <b>Mexi Slaw</b>	<b>9/18</b> <b>Chicken Taquitos w/</b> <b>Fiesta Corn</b>	<b>9/19</b> <b>Chicken &amp; Waffle w/</b> <b>Fruit Compote</b>	<b>9/20</b> <b>Flamin' Hot Cheeto</b> <b>Chicken Pizza w/</b> <b>Caesar Side Salad</b>
<b>9/23</b> <b>Pork Street Tacos w/</b> <b>Cilantro Lime Rice</b>	<b>9/24</b> <b>Loaded Bacon &amp;</b> <b>Cheese Fries w/ Roll</b>	<b>9/25</b> <b>Pork Pozole</b> <b>w/ Tortilla Chips &amp;</b> <b>Chipotle Cole Slaw</b>	<b>9/26</b> <b>Ramen Chicken w/</b> <b>Marinated</b> <b>Cucumbers</b>	<b>9/27</b> <b>Nuclear Chicken</b> <b>Burger w/ Tater Tots</b>



**A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables in an inviting variety of Locally Grown items which are offered whenever seasonally available!  
Low Fat or Fat Free Milk included with all meals



**EVERYDAY CHOICES**

**Beef, Chicken or Cheese Nachos**  
**Beef, Chicken or Cheese Tacos**

*\*Served with Refried Beans & a trip through the THRIVE Garden Bar.*



**EVERYDAY CHOICES**

**Hamburger or Cheeseburger**  
**Regular or Spicy Chicken Burger**

*\*Served on a WW bun with French Fries (T/TH) or Tater Tots (M/W/F) & a trip through the THRIVE Garden Bar.*



**EVERYDAY CHOICES**

**Cheese, Pepperoni & Daily Special Pizzas**

*\*All pizzas feature low fat cheese, low sodium sauce & whole grain crusts.*

**BREAKFAST MENU**

<b>Sept.</b> <b>2nd - 6th</b>	<b>Labor Day</b> <b>No SCHOOL</b>	<b>Pizza Bagel</b>	<b>Ham &amp; Egg Breakfast</b> <b>Bowl</b>	<b>Breakfast Burrito</b>	<b>Cinnamon Roll</b>
<b>Sept.</b> <b>9th - 13th</b>	<b>Breakfast on a Stick</b>	<b>Apple Frudel Strudel</b>	<b>Cinnamon Breakfast</b> <b>Round</b>	<b>Pancakes w/ Syrup</b>	<b>Banana Muffin Top</b>
<b>Sept.</b> <b>16th - 20th</b>	<b>Breakfast Pizza</b>	<b>Pancake Bites</b>	<b>Biscuit &amp; Sausage</b> <b>Gravy</b>	<b>Ham &amp; Cheese</b> <b>Frittata</b>	<b>French Toast</b>
<b>Sept.</b> <b>23rd - 27th</b>	<b>Waffles w/ Syrup</b>	<b>Oatmeal Chocolate</b> <b>Chip Breakfast Round</b>	<b>Crunch Wrap</b>	<b>Build Your Own</b> <b>Oatmeal Bar</b>	<b>Cinnamon Roll</b>

**EVERYDAY CHOICES**

**Ham & Cheese or Egg & Cheese English Muffin Breakfast Sandwich**  
**Assorted Cereal & Oatmeal w/ Toast** **Bagel w/ Cream Cheese** **\*\*All Breakfasts include Fruit & Milk.**

**This institution is an equal opportunity provider.**