

# Middle School Cycle Menu 2016–17 Calendar



## AUGUST 2016

Week	MON	TUE	WED	THUR	FRI
	1	2	3	4	5
	8	9	10	11	12
	15	16	17	18	19
A	22	23	24	25	26
B	29	30	31		

## SEPTEMBER 2016

Week	MON	TUE	WED	THUR	FRI
B				1	2
C	5	6	7	8	9
A	12	13	14	15	16
B	19	20	21	22	23
C	26	27	28	29	30

## OCTOBER 2016

Week	MON	TUE	WED	THUR	FRI
A	3	4	5	6	7
B	10	11	12	13	14
C	17	18	19	20	21
A	24	25	26	27	28
B	31				

## NOVEMBER 2016

Week	MON	TUE	WED	THUR	FRI
B		1	2	3	4
C	7	8	9	10	11
A	14	15	16	17	18
B	21	22	23	24	25
C	28	29	30		

## DECEMBER 2016

Week	MON	TUE	WED	THUR	FRI
C				1	2
A	5	6	7	8	9
B	12	13	14	15	16
C	19	20	21	22	23
	26	27	28	29	30

## JANUARY 2017

Week	MON	TUE	WED	THUR	FRI
	2	3	4	5	6
A	9	10	11	12	13
B	16	17	18	19	20
C	23	24	25	26	27
A	30	31			

## FEBRUARY 2017

Week	MON	TUE	WED	THUR	FRI
A			1	2	3
B	6	7	8	9	10
C	13	14	15	16	17
A	20	21	22	23	24
B	27	28			

## MARCH 2017

Week	MON	TUE	WED	THUR	FRI
B			1	2	3
C	6	7	8	9	10
A	13	14	15	16	17
B	20	21	22	23	24
	27	28	29	30	31

## APRIL 2017

Week	MON	TUE	WED	THUR	FRI
C	3	4	5	6	7
A	10	11	12	13	14
B	17	18	19	20	21
C	24	25	26	27	28

## MAY 2017

Week	MON	TUE	WED	THUR	FRI
A	1	2	3	4	5
B	8	9	10	11	12
C	15	16	17	18	19
A	22	23	24	25	26
B	29	30	31		

## JUNE 2017

Week	MON	TUE	WED	THUR	FRI
B				1	2
C	5	6	7	8	9
	12	13	14	15	16
	19	20	21	22	23
	26	27	28	29	30

### 2016–2017 Smart Snack\* À LA CARTE ITEMS AVAILABLE:

À la Carte Entrée Item .....	\$2.55	Fresh Whole Fruit .....	\$ .50
Specialty Snacks .....	\$ 1.00	Vegetable Side .....	\$ .50
Salsa Cup .....	\$ 1.00	4 oz. 100% Juice Cup or Pouch .....	\$ .60
Assorted Bags of Baked Chips* .....	\$ .75	Switch 100% Juice .....	\$ 1.50
Low Fat Otis Spunkmeyer Muffin .....	\$ .50	Izze 100% Juice .....	\$ 1.50
Pudding Cup .....	\$ .50	Welch's 100% Juice .....	\$ 1.25
Dole Fruit Cup/ Fruit Gel Cup .....	\$ 1.00	Very Fine 100% Juice .....	\$ 1.25
Nutrigrain Bar .....	\$ .80	V-8 Fusion Drinks .....	\$ 1.25
Oatmeal Bars .....	\$ .50	Plain Bottled Water .....	\$ 1.00
All Natural Yogurt Small .....	\$ .50	Plain Bottled Water Small .....	\$ .60
Greek Yogurt .....	\$ 1.00	Milk 8 oz. ....	\$ .60
Frozen Fruit Bars .....	\$ 1.00		
Frozen Yogurt Bar/Cups .....	\$ 1.00		

\* Smart Snack items comply with the new USDA nutrition standards regulations for single serve items.



All of our school meals offer five food components each day; Fruits, Vegetables, Protein, Grains and Dairy. To make a complete meal, students must choose 3–5 components of the meal and one of these choices must be a fruit or vegetable. If a meal is not complete, it will be charged as an *Incomplete Meal* and will cost \$3.10.

**NUTRITIONAL DATA IS AVAILABLE ON LINE.**