

Middle School Cycle Menu 2017-18 Calendar



AUGUST 2017

Week	MON	TUE	WED	THUR	FRI
		1	2	3	4
	7	8	9	10	11
	14	15	16	17	18
A	21	22	23	24	25
B	28	29	30	31	

SEPTEMBER 2017

Week	MON	TUE	WED	THUR	FRI
B					1
C	4	5	6	7	8
A	11	12	13	14	15
B	18	19	20	21	22
C	25	26	27	28	29

OCTOBER 2017

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

NOVEMBER 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
C	27	28	29	30	

DECEMBER 2017

Week	MON	TUE	WED	THUR	FRI
C					1
A	4	5	6	7	8
B	11	12	13	14	15
C	18	19	20	21	22
	25	26	27	28	29

JANUARY 2018

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

FEBRUARY 2018

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

MARCH 2018

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
	26	27	28	29	30

APRIL 2018

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

MAY 2018

Week	MON	TUE	WED	THUR	FRI
A		1	2	3	4
B	7	8	9	10	11
C	14	15	16	17	18
A	21	22	23	24	25
B	28	29	30	31	

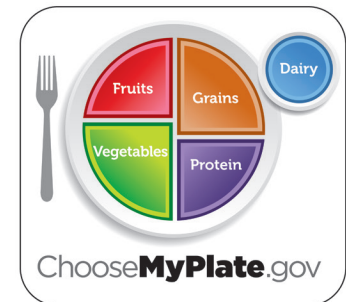
JUNE 2018

Week	MON	TUE	WED	THUR	FRI
B					1
C	4	5	6	7	8
	11	12	13	14	15
	18	19	20	21	22
	25	26	27	28	29

2017-2018 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.