


# SPOTSYLVANIA COUNTY MIDDLE SCHOOLS

## August 2019

WEEK 1				1 NO SCHOOL	2 NO SCHOOL
WEEK 2	5 NO SCHOOL	6 NO SCHOOL	7 NO SCHOOL	8 NO SCHOOL	9 NO SCHOOL
WEEK 3	12 Mini Corn Dogs Steamed Carrots	13 Chicken Alfredo Pasta Breadstick Steamed Broccoli	14 Sweet & Sour Chicken Brown Rice Oriental Blend Veggies	15 Buffalo Chicken Nachos Rice Black Beans	16 French Toast Sticks Sausage Link Tater Tot
WEEK 4	19 Soft Shell Taco Refried Bens	20 Tangerine Chicken Brown Rice Steamed Carrots	21 Pasta & Meatballs Breadstick Steamed Broccoli	22 Chicken & Waffles Baked Tater Tot	23 Buffalo Chicken Flatbread Mixed Veggies
WEEK 5	26 General Tso's Chicken Brown Rice Steamed Broccoli	27 Pancakes Sausage Tater Tot	28 Beef Nachos Supreme Cilantro Lime Rice Black Beans	29 Chicken Tenders Garlic Knot Green Beans	30 Meat Lovers Calzone Steamed Carrots

### Fast Takes Salad Choices:

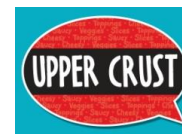
- Week 1:** NO SCHOOL
- Week 2:** NO SCHOOL
- Week 3:** Chef Salad
- Week 4:** Buffalo Chicken Salad
- Week 5:** Crispy Chicken Salad



Fresh baked roll(s) offered with salads  
Garden Salads offered daily  
Strawberry Parfait w/wo granola served daily

### Upper Crust Pizza Choices:

- Week 1:** NO SCHOOL
- Week 2:** NO SCHOOL
- Week 3:** Sausage Pizza
- Week 4:** Cheeseburger Pizza
- Week 5:** Supreme Pizza



*Cheese & Pepperoni offered daily*

### Stacks Sandwich Choices:

- Week 1:** NO SCHOOL
- Week 2:** NO SCHOOL
- Week 3:** Chicken Salad Sub
- Week 4:** Tuna Salad Sub
- Week 5:** Chicken Caesar Wrap



### Honor Roll Grill Choices:

- Monday:** Grilled Chicken Patty
- Tuesday:** Mascot Burger
- Wednesday:** Spicy Chicken Sandwich
- Thursday:** Pepperoni, Cheese on Pretzel bun
- Friday:** Fish Sandwich



**DAILY:** Chicken Patty Sandwich & Cheeseburger or Hamburger

### Meal Definition:

A meal must include 3 of the 5 food components offered and on MUST be a fruit or vegetable serving. The food components include: Meat/Meat Alternative, Bread/Grain, Fruit, Vegetable(s), and low-fat or skim milk.

\*\*Menu subject to change based on availability\*\*



Nutrition information is available upon request.