


Intermediate School



(menu subject to change with out n

"The Best Deal in Town"

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| <p>Welcome Back!</p> <p>Select one</p> <p>ABC123 Chicken Nuggets Roll optional Cheeseburger on a Whole Wheat Bun PB and Jelly Uncrustable w/ string Cheese Select three</p> <p>Buttered Noodles Steamy Carrots Assorted Veggies Assorted Fruit Pudding Pop Milk (Choice of one)</p> <p>29</p> | <p>Select one</p> <p>Cheese Pizza Stix with Dipping Sauce Cheeseburger on a Whole Wheat Bun PB and Jelly Uncrustable w/ string Cheese Select three</p> <p>Broccoli Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p>30</p> | <p>Brunch for Lunch</p> <p>Select one</p> <p>French Toast Stix /Syrup with Scrambled Eggs Cheeseburger on a Whole Wheat Bun PB and Jelly Uncrustable w/ string Cheese Select three</p> <p>Assorted Fresh Veggies/Dip Assorted Fruit Orange Wedges Milk (Choice of one)</p> <p>31</p> | <p>Select one</p> <p>Chicken Quesadillas Cheeseburger on a Whole Wheat Bun PB and Jelly Uncrustable w/ string Cheese Select three</p> <p>Honey BBQ Beans and Rice Buttered Corn Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p>September 1</p> | <p>No School</p> |
|  <p>Happy Labor Day!!</p> <p>Select one</p> <p>Macaroni and Cheese Hot dog on a w/w Roll PB and Jelly Uncrustable w/ string Cheese Select three</p> <p>Stewed Tomatoes Green Beans Assorted Fresh Veggies/Dip Assorted Fruit Pudding Milk (Choice of one)</p> <p>12</p> | <p>Select one</p> <p>Chicken Fryz Roll optional Cheese Pizza PB and Jelly Uncrustable w/ string Cheese Select three</p> <p>Seasoned Rice Green Beans Bean Special Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p>6</p> | <p>Select one</p> <p>Spaghetti Shells with Meat Sauce with or without Italian Bread Cheese Pizza PB and Jelly Uncrustable w/ string Cheese Select three</p> <p>Assorted Fresh Veggies/Dip Salad/ Dressing Broccoli Assorted Fruit Milk (Choice of one)</p> <p>7</p> | <p>Select one</p> <p>Italian Cheese Hoagie Cheese Pizza PB and Jelly Uncrustable w/ string Cheese Select three</p> <p>Macaroni Salad Steamy Carrots Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p>8</p> | <p>Select one</p> <p>Cheesy Steak Sandwich Cheese Pizza PB and Jelly Uncrustable w/ st Select three</p> <p>Baked Potato Chips Steamy Peas Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> |
| <p>Select one</p> <p>Chargrilled Beef Twin Cheeseburger Sliders Honey BBQ Chicken Nuggets w/w dinner roll PB and Jelly Uncrustable w/ string Cheese Select three</p> <p>Buttered Noodles Steamy Carrots Bean Special Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p>19</p> | <p>Select one</p> <p>Pizza Hut's Pizza Honey BBQ Chicken Nuggets w/w dinner roll PB and Jelly Uncrustable w/ string Cheese Select three</p> <p>Cheddar Snack Tossed Salad/ L/F Dressing Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p>20</p> | <p>No School</p> <p>21</p> | <p>Select one</p> <p>Cheese Ravioli with Red Sauce with Italian Bread Honey BBQ Chicken Nuggets w/w dinner roll PB and Jelly Uncrustable w/ string Cheese Select three</p> <p>Peas Salad/ L/F Dressing Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one)</p> <p>22</p> | <p>Select one</p> <p>Beef a Roni with Bosco cheese Hot dog on a w/w Roll PB and Jelly Uncrustable w/ st Select three</p> <p>Broccoli Assorted Fresh Veggies/Dip Assorted Fruit Pudding Milk (Choice of one)</p> |

Available Daily

If your child has special lunch needs, please contact the cafeteria manager. White; LF Chocolate; LF White Skim, Vanilla and Strawberry Milk available daily.

Chef Salad Bowls, Garden Burger and Yogurt Parfaits are available as a Entrée alternative.

ATTENTION PARENTS: Menus will be available at www.GovernorMifflinSD.org/district_food.asp to download or to print.

For those who do not have Internet access, a limited number of hard copies will be made available for pick up in the main office of your child's school.

August/September 2011

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| Select one Chicken Fajita Wrap w/ cheese, lettuce and tomato Cheeseburger on a Whole Wheat Bun PB and Jelly Uncrustable w/ string Cheese Select three Steamy Brown Rice Broccoli Bean Special Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one) | Select one Corndog on a Stick Cheeseburger on a Whole Wheat Bun PB and Jelly Uncrustable w/ string Cheese Select three Seasoned Noodles Steamy Carrots Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one) | Select one Mifflin Ham & Cheese w/w Croissant Cheeseburger on a Whole Wheat Bun PB and Jelly Uncrustable w/ string Cheese Select three Pickle Spear Cauliflower Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one) | Select one Fish Sticks with tartar sauce Cheeseburger on a Whole Wheat Bun PB and Jelly Uncrustable w/ string Cheese Select three Baked French Fries Green Beans Assorted Fresh Veggies/Dip Assorted Fruit Milk (Choice of one) | Select one Oven Roasted Chicken w/w rol Cheeseburger on a Whole Whe: PB and Jelly Uncrustable w/ st Select three Mashed Potatoes Corn Assorted Fresh Veggies/Dip Assorted Fruit Fruit Ambrosia Milk (Choice of one) |
| 26 | 27 | 28 | 29 | |
| Breakfast Monday | Breakfast Tuesday | Breakfast Wednesday | Breakfast Thursday | Breakfast Friday |
| A Breakfast variety will be available every morning. Breakfast Pizza, Low fat Pop Tarts, Assorted Cold Cereals, Low fat Muffins, Pancakes, Waffles, Breakfast Sandwiches, Breakfast Cereal Bars and Cinnamon Bagelers. | | | | |
| and | and | and | and | and |
| Assorted Fruit or Juice | Assorted Fruit or Juice | Assorted Fruit or Juice | Assorted Fruit or Juice | Assorted Fruit or Juice |
| Milk (Choice of one) | Milk (Choice of one) | Milk (Choice of one) | Milk (Choice of one) | Milk (Choice of one) |

Very Vanilla Soy Milk may now be used as a substitution for milk for Milk Allergies and will also be available for purchase for \$1.00.

Student Breakfast: \$1.25
Student Reduced Breakfast:\$1.30
Adult Breakfast: \$1.90
Student Lunch: \$2.15
Student Reduced Lunch: \$1.40
Adult Lunch: \$3.85 w/ Drink

In accordance with the Federal Law and the U.S. Dept. of Agriculture Policy, this institution is prohibited from discriminating on the basis of race, color, nation origin, sex, age and disability. To file a complaint of discrimination, call (202)720-5964. EOE