

Beaver Falls Middle School

August / September 2017 Lunch

Food Service Director: Yvette Jester
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What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

- Choice of Meat or Meat Alternate
- Choice of Vegetable, Choice of Fruit*
- Choice of Grain/Bread,
- and Choice of Milk
- *Students must choose at least one fruit or vegetable*

Fresh Fruits and Vegetables Offered Daily

- *Vegetables include:**
 - Broccoli Florets
 - Baby Carrots
 - Dark Leafy Greens
 - Legume Salads
 - Celery & Cucumber
- *Fruits include:**
 - Sliced Apples
 - Sliced Peaches
 - Mixed Fruit
 - Fresh Orange
 - Banana
 - Pineapple Tidbits
 - Diced Pears
 - Applesauce
- *May choose two 1/2 cup servings**
- *May choose 1/2 cup serving**



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
 Fat Free White and Low Fat White







Monthly Special :

Buffalo Chicken Dip



MENUS SUBJECT TO CHANGE

Lunch Prices:
 Adult 3.50

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| <p>The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE</p> | | 8/23 Breaded Chicken Sandwich Baked Seasoned Fries Cinnamon Sliced Apples Milk Choice | 8/24 Cheeseburger On Bun Baked Beans Chilled Peaches Milk Choice | 8/25 Turkey & Cheese Panini Sweet Potato Tots Chilled Applesauce Milk Choice  |
| 8/28 Meatball Hoagie Seasoned Green Beans Chilled Peaches Milk Choice | 8/29 Teriyaki Chicken Over Rice Seasoned Broccoli Chilled Applesauce Milk Choice | 8/30 Corn Dog Glazed Carrots Chilled Pears Milk Choice | 8/31 Walking Taco Refried Beans W/ Cheese Chilled Pineapple Tidbits Milk Choice | 9/1 Chicken Parmesan Sandwich Steamed Peas Chilled Peaches Milk Choice  |
| 9/4 No School | 9/5 Italian Dunkers Romaine Salad Chilled Diced Peaches Milk Choice | 9/6 Bacon Cheeseburger On Whole Grain Bun Baked Beans Chilled Applesauce Milk Choice | 9/7 Macaroni & Cheese Stewed Tomatoes Chilled Sliced Pears Milk Choice | 9/8 Grilled Chicken Sandwich Baked Fries Chilled Applesauce Milk Choice  |
| 9/11 French Toast w/ Sausage Links Hash Browns Chilled Mixed Fruit Milk Choice | 9/12 BBQ Rib Hoagie Coleslaw Sliced Peaches Milk Choice | 9/13 Two Chicken Fajitas Refried Beans W/ Cheese Chilled Pineapple Tidbits Milk Choice | 9/14 BBQ Chicken Dipper Romaine Salad Diced Peaches Milk Choice | 9/15 Fish Sandwich Sweet Potatoes Chilled Applesauce Milk Choice  |
| 9/18 Chicken Cordon Blue Sandwich Steamed Broccoli Chilled Diced Pears Milk Choice | 9/19 Buffalo Chicken Dippers w/ Tortilla Chips Seasoned Green Beans Chilled Mixed Fruit Milk Choice | 9/20 Cheeseburger On Bun Baked Beans Chilled Peaches Milk Choice | 9/21 Popcorn Chicken Bowl Mashed Potatoes w/ Gravy Seasoned Corn Chilled Applesauce Milk Choice | 9/22 Ham & Cheese Panini Sweet Potato Fries Chilled Pineapple Tidbits Milk Choice  |
| 9/25 Pulled Pork Sandwich Coleslaw Chilled Applesauce Milk Choice | 9/26 Spaghetti & Meat Sauce Garlic Bread stick Romaine Salad Chilled Diced Pears Milk Choice | 9/27 Chicken Nuggets Whole Grain Bread Slice Baked Fries Chilled Peaches Milk Choice | 9/28 Hot Ham & Cheese Sandwich Sweet Potato Tots Chilled Pineapple Tidbits Milk Choice | 9/29 Corn Dog Baked Beans Chilled Mixed Fruit Milk Choice  |
| Monday Corn Dog Nuggets | Tuesday Cheeseburger On Bun | Wednesday Egg & Cheese Sandwich | Thursday Breaded Chicken Sandwich | Friday Cheese Pizza |