



Sparta Middle School September 2017 Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 <i>Salad Bar Starts Wednesday Sept. 6th</i>	4 <i>No School Labor Day</i>	5 <i>Egg & Cheese on Bun Chicken Patty Sandwich Garden Salad Mac & Cheese Apple</i>	6 <i>Pop-Tart Sloppy Joe Tater Tots Corn Pears</i>	7 <i>Waffle Mini's BBQ Chicken on Bun Baked Potato Baked Beans Applesauce</i>	1 8 <i>Sausage Biscuit Pizza Vegetables & Dip Fresh Fruit Salad Sherbet Cup</i>	2 9 <i>All School Lunches are planned to meet the USDA guidelines to serve healthy meals to your stu- dents</i>
10 <i>Salad Bar every Tuesday to Friday</i>	11 <i>Pancake on Stick Hamburger French Fries Corn Applesauce</i>	12 <i>Cini Mini Pizza Casserole Cheese Bread Garden Salad Pears</i>	13 <i>Cereal / Yogurt Deli Sub Northern Beans Carrots & Tomatoes Sliced Peaches</i>	14 <i>Chicken on Biscuit Biscuit & Gravy Bacon & Potato Wedges Veggie Juice Fresh Fruit</i>	15 <i>Breakfast Round AJ's Pizza Veggies and Dip Ice Cream Cup Fresh Fruit</i>	16 <i>All Breakfast are offered with 1 cup of fruit. We Offer flavored and non-flavored low fat milk with every meal.</i>
17	18 <i>Breakfast Pizza Pizza Crunchers Northern Beans Carrot Stick Applesauce</i>	19 <i>Egg & Cheese on Bun Walking Taco Cheese Mexican Corn Garden Salad Peaches</i>	20 <i>Pop-Tart Chicken Nuggets Egg Roll Green Beans Rice Pineapple</i>	21 <i>Waffle Mini's Chicken Patty Bread Stick Carrots Scalloped Potatoes Mixed Fruit</i>	22 <i>Sausage Biscuit Bosco Stick Garden Salad Fresh Fruit Ice Cream Sandwich</i>	23
24 <i>Breakfast is Free for ALL Lunch \$2.25 Reduced \$.40 Snack Milk \$.30</i>	25 <i>Pancake on Stick Grilled Cheese Brown Beans Lettuce Salad Applesauce</i>	26 <i>Cini Mini Meat Loaf Bread Stick Mash Potatoes/ Gravy Green Beans Peaches</i>	27 <i>Cereal / Yogurt Nachos Garden Salad Strawberries Brownie</i>	28 <i>Chicken on Biscuit Biscuit & Gravy Bacon & Potato Wedges Veggie Juice Fresh Fruit</i>	29 <i>Breakfast Round AJ's Pizza Veggies & Dip Juice Bar Fresh Fruit</i>	30 <i>This institution is an equal opportunity pro- vider. Menu subject to change. Any menu question or food allergy concerns please call 417-634- 3223 ext. 176</i>