

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2	3	4	5	6	<p>DAILY MIDDLE SCHOOL STUDENT MEAL PRICES:</p> <p>Breakfast: \$ 2.00 Lunch: \$3.15</p> <p>Payment Methods include cash, check or credit card. If paying by check, please issue to Monroe-Woodbury Food Services. If paying by credit card, please visit www.PAYPAMS.COM. There is a small fee for that service. However, for free, you can view your child's account history and set up low cash notifications. Download the app for your cell phone!</p> <p>To learn more about free and reduced price meals in our district, please call the Food Service office at (845) 460-6200 or e-mail foodforthought@mw.k12.ny.us. Also, view the Food Services link under District Services on the web page for lots of Food Service information! www.mw.k12.ny.us</p> <p>If you have questions about your child's account: Please call your child's cafeteria at (845) 460-6200 HS x7041 MS x6441 PT x6941 NM x6841 CV x6741 SC x6341 SE x6541</p>
LABOR DAY SCHOOL CLOSED	SUPERINTENDENT'S CONFERENCE DAY SCHOOL CLOSED	SUPERINTENDENT'S CONFERENCE DAY SCHOOL CLOSED	<p>Breakfast</p> <p>Assorted Whole Grain Bagels or Hard Rolls Chilled and Fresh Fruit Cold Milk Choices</p> <p>Lunch</p> <p>Meatball Parm Hero or Penne with Meatballs Caprese Salad Mixed Fruit Cold Milk Choices</p>	<p>Breakfast</p> <p>Fruit and Yogurt Parfait No Nut Granola Chilled and Fresh Fruit Cold Milk Choices</p> <p>Lunch</p> <p>Pulled Pork or Pulled Chicken on a WG Roll Buttered Noodles Coleslaw Applesauce Cup Cold Milk Choices</p>	
9	10	11	12	13	
<p>Breakfast</p> <p>Assorted Whole Grain Bagels or Hard Rolls Chilled and Fresh Fruit Cold Milk Choices</p> <p>Lunch</p> <p>Chicken Sticks Brown Rice Sautéed Broccoli Cinnamon Applesauce Cold Milk Choices</p>	<p>Breakfast</p> <p>Ham and Egg on a WG Muffin Chilled and Fresh Fruit Cold Milk Choices</p> <p>Lunch</p> <p>Stuffed Shells Parmigiana Garlic Bread Cucumber Salad Diced Pears Cold Milk Choices</p>	<p>Breakfast</p> <p>Mini Waffles Chilled and Fresh Fruit Cold Milk Choices</p> <p>Lunch</p> <p>Taco* Boat with Tortilla Chips Lettuce Tomato and Shredded Cheddar Mexicali Bean Salad Tropical Fruit Cold Milk Choices</p>	<p>Breakfast</p> <p>Assorted WG Muffins Chilled and Fresh Fruit Cold Milk Choices</p> <p>Lunch</p> <p>Mozzarella Sticks Cup of Sauce Seasoned Breadstick Tossed Salad Chilled Pineapple Cold Milk Choices</p>	<p>Breakfast</p> <p>Fruit and Yogurt Parfait Graham Crackers Chilled and Fresh Fruit Cold Milk Choices</p> <p>Lunch</p> <p>Pancakes or Waffles Tater Tots Sausage* Links 100% Fruit Juices Peach Cup Cold Milk Choices</p>	

wake up!

to

School Breakfast

MONROE-WOODBURY CENTRAL SCHOOL DISTRICT MIDDLE SCHOOL MENU SEPTEMBER 2019

wake up!

to

School Breakfast

16	17	18	19	20	AVAILABLE DAILY
<p>Breakfast</p> <p>Assorted Whole Grain Bagels or Hard Rolls</p> <p>Chilled and Fresh Fruit</p> <p>Cold Milk Choices</p> <p>Lunch</p> <p>Crusader Chicken Bowl</p> <p>Mashed Potatoes</p> <p>Corn</p> <p>Sliced Apricots</p> <p>Cold Milk Choices</p>	<p>Breakfast</p> <p>Breakfast Pizza</p> <p>Chilled and Fresh Fruit</p> <p>Cold Milk Choices</p> <p>Lunch</p> <p>General Tso's Chicken</p> <p>Seasoned Rice</p> <p>Broccoli with Soy Sauce</p> <p>Mandarin Oranges</p> <p>Cold Milk Choices</p>	<p>Breakfast</p> <p>Mini French Toast</p> <p>Chilled and Fresh Fruit</p> <p>Cold Milk Choices</p> <p>Lunch</p> <p>Baked Ziti with Marinara or Meatsauce</p> <p>Garlic Bread</p> <p>3 Bean Salad</p> <p>Sliced Peaches</p> <p>Cold Milk Choices</p>	<p>Breakfast</p> <p>Sausage* and Egg on a Mini Bagel</p> <p>Chilled and Fresh Fruit</p> <p>Cold Milk Choices</p> <p>Lunch</p> <p>Crusader Burgers</p> <p>Lettuce Tomato and Special Sauce</p> <p>Sweet Potato Wedges</p> <p>Orange Smiles</p> <p>Cold Milk Choices</p>	<p>Breakfast</p> <p>Fruit and Yogurt Parfait</p> <p>Mini Muffin</p> <p>Chilled and Fresh Fruit</p> <p>Cold Milk Choices</p> <p>Lunch</p> <p>Plain, Buffalo or Garlic French Bread Pizza</p> <p>Roasted Zucchini</p> <p>Tossed Salad</p> <p>Pineapple Tidbits</p> <p>Cold Milk Choices</p>	<p>Breakfast:</p> <p>Cold cereal choices, chilled juice or cold milk choices, fresh fruit, assorted fruited 4 oz. yogurt, bagel alternate</p> <p>Lunch:</p> <p>Fresh fruit and salad bar, pizza, baby carrots, all beef hamburgers, veggie burgers, deli or salad bar</p>
OC EARLY DISMISSAL DRILL					
<p>23</p> <p>Breakfast</p> <p>Assorted Whole Grain Bagels or Hard Rolls</p> <p>Chilled and Fresh Fruit</p> <p>Cold Milk Choices</p> <p>Lunch</p> <p>Chicken Sliders</p> <p>Mashed Potatoes</p> <p>Glazed Carrots</p> <p>Warm Apples with Cinnamon</p> <p>Cold Milk Choices</p>	<p>24</p> <p>Breakfast</p> <p>Pastry Ring</p> <p>Chilled and Fresh Fruit</p> <p>Cold Milk Choices</p> <p>Lunch</p> <p>French Toast Sticks</p> <p>Canadian Style Bacon</p> <p>Home Fries</p> <p>100% Fruit Juices</p> <p>Strawberry Cup</p> <p>Cold Milk Choices</p>	<p>25</p> <p>Breakfast</p> <p>Mini Pancakes</p> <p>Chilled and Fresh Fruit</p> <p>Cold Milk Choices</p> <p>Lunch</p> <p>Breaded or Roasted BBQ Chicken</p> <p>Pasta Salad</p> <p>BBQ Beans</p> <p>Applesauce</p> <p>Cold Milk Choices</p>	<p>26</p> <p>Breakfast</p> <p>Egg and Cheese on a WG Roll</p> <p>Chilled and Fresh Fruit</p> <p>Cold Milk Choices</p> <p>Lunch</p> <p>Mozzarella Sticks</p> <p>Cup of Sauce</p> <p>Seasoned Bread Stick</p> <p>Caesar Salad</p> <p>Seedless Grapes</p> <p>Cold Milk Choices</p>	<p>27</p> <p>Breakfast</p> <p>Fruit and Yogurt Parfait</p> <p>No Nut Granola</p> <p>Chilled and Fresh Fruit</p> <p>Cold Milk Choices</p> <p>Lunch</p> <p>Grilled Cheese on a Bagel (Plain, with Ham, or with Tomato)</p> <p>Smile Fries</p> <p>Tomato Soup</p> <p>Mixed Berry Cup</p> <p>Cold Milk Choices</p>	<p>All meals consist of 8 oz. low-fat or skim milk, one cup salad, vegetable and/or fresh or canned fruits and whole grain bread, whole grain rice and pasta.</p> <p>Looking for work while your child is in school? Substitute positions are available! Please contact us at (845) 460-6200.</p> <p>Thank you for dining with Monroe-Woodbury Food Services!</p> <p>#mwinpiresuccess</p> <p>USDA is an equal opportunity provider and employer.</p>
<p>30</p>	<p>PAY NO ATTENTION TO THAT BIRD!</p>  <p>The clock has not run out! We accept applications for free and reduced-price meals all year long. It's never too late!</p>			<p>WHY WE NEED BREAKFAST</p> <p>Breakfast provides the body and brain with fuel after an overnight fast- that's where its name originates, breaking the fast! Without breakfast you are effectively running on empty.</p>	<p>Menus are subject to change.</p> <p>*May contain pork</p> <p>All free and reduced applications are being processed. If you sent in an application and your child is not receiving free or reduced meals, please call the food service office at 845-460-6110. You can obtain an application on the Monroe-Woodbury website. Everyone participating in the Free & Reduced meals Program must have a 2019-2020 application on file.</p>
<p>ROSH HASHANAH</p> <p>SCHOOL CLOSED</p>	<p>Students who qualify for a free or reduced-price lunch automatically qualify for a free or reduced-price breakfast, too! More info at: 845-460-6200 ext 6247 or Foodforthought@MW.K12.NY.US</p>				