

Menu subject to change
without notice

Middle School

Sep-18

Converse County School #1 is
an equal opportunity provider
and employer

Monday, September 03, 2018	Tuesday, September 04, 2018	Wednesday, September 05, 2018	Thursday, September 06, 2018	Friday, September 07, 2018
<p>No School</p>	<p>Homemade Sloppy Joes Sandwich of the Day String Cheese Beef Donated By Jay And Linda Butler of Pronghorn Ranch</p>	<p>Corndogs Sandwich of the Day Steamed Cauliflower</p>	<p>Homemade Spaghetti & Meat Sauce Sandwich of the Day Fresh Baked Garlic Toast Beef Donated By Aaron Clausen</p>	<p>Breaded Chicken Nuggets Sandwich of the Day Steamed Corn Jello with Whipped Cream</p>
Monday, September 10, 2018	Tuesday, September 11, 2018	Wednesday, September 12, 2018	Thursday, September 13, 2018	Friday, September 14, 2018
<p>BBQ Rib Sandwich Sandwich of the Day Yogurt with Blueberries</p>	<p>Breaded Chicken Fried Beef Steak Sandwich of the Day Mashed Potatoes Homemade Gravy Fresh Baked Rolls Joe And Karen Rankin of J.S. Rankin Ranches</p>	<p>Popcorn Chicken Sandwich of the Day Steamed Broccoli Muffins</p>	<p>Homemade Chili Sandwich of the Day Homemade Cinnamon Rolls Beef Donated By</p>	<p>French Toast Sticks Bacon Sandwich of the Day</p>
Monday, September 17, 2018	Tuesday, September 18, 2018	Wednesday, September 19, 2018	Thursday, September 20, 2018	Friday, September 21, 2018
<p>No School</p>	<p>All Beef Hot Dogs Sandwich of the Day Cottage Cheese</p>	<p>Homemade Beef Tacos Sandwich of the Day Granola Bars Beef Donated by Vollman Ranches</p>	<p>Breaded Baked Chicken Sandwich of the Day Tater Tots</p>	<p>BBQ Pulled Pork Sandwich Sandwich of the Day Coleslaw</p>
Monday, September 24, 2018	Tuesday, September 25, 2018	Wednesday, September 26, 2018	Thursday, September 27, 2018	Friday, September 28, 2018
<p>Breaded Fish Sandwich Sandwich of the Day Steamed Corn</p>	<p>Bowtie Chicken Alfredo Sandwich of the Day Fresh Baked Breadsticks</p>	<p>Hamburgers Sandwich of the Day Homemade Cake</p>	<p>Homemade Chili Fritos Sandwich of the Day Beef Donated by Troy and Katie Scott of Scott Ranches</p>	<p>Peperoni Pizza Sandwich of the Day Fruit Rollups</p>
Monday, October 01, 2018	Tuesday, October 02, 2018	Wednesday, October 03, 2018	Thursday, October 04, 2018	Friday, October 05, 2018

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Daily Vegetable and Fruit Choices

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Milk</p> <p>Salad Bar</p> <p>Vegetable/Fruit Choices:</p> <p>Daily Veggie Medley can be: Cauliflower, carrots, cucumber, radish, tomato, celery broccoli, green & red peppers lettuce blend</p> <p>Red/Orange veggie choice can be: tomatoes, red pepper, carrots, sweet potatoes, pumpkin</p> <p>Fresh Fruit can be: apples, bananas, oranges, and other seasonal fruits</p> <p>Canned Fruit can be: pineapple, pears, applesauce, peaches, fruit mix and other assorted canned fruits</p>	<p>Milk</p> <p>Salad Bar</p> <p>Vegetable/Fruit Choices:</p> <p>Daily Veggie Medley can be: Cauliflower, carrots, cucumber, radish, tomato, celery broccoli, green & red peppers lettuce blend</p> <p>Bean/Peas can be: blackeyed peas black beans, baked beans kidney, garbanzo, pinto</p> <p>Fresh Fruit can be: apples, bananas, oranges, and other seasonal fruits</p> <p>Canned Fruit can be: pineapple, pears, applesauce, peaches, fruit mix and other assorted canned fruits</p>	<p>Milk</p> <p>Salad Bar</p> <p>Vegetable/Fruit Choices:</p> <p>Daily Veggie Medley can be: Cauliflower, carrots, cucumber, radish, tomato, celery broccoli, green & red peppers</p> <p>Dark Green Veg can be: Romaine Lettuce or Spinach</p> <p>Fresh Fruit can be: apples, bananas, oranges, and other seasonal fruits</p> <p>Canned Fruit can be: pineapple, pears, applesauce, peaches, fruit mix and other assorted canned fruits</p>	<p>Milk</p> <p>Salad Bar</p> <p>Vegetable/Fruit Choices:</p> <p>Daily Veggie Medley can be: Cauliflower, carrots, cucumber, radish, tomato, celery broccoli, green & red peppers lettuce blend</p> <p>Fresh Fruit can be: apples, bananas, oranges, and other seasonal fruits</p> <p>Canned Fruit can be: pineapple, pears, applesauce, peaches, fruit mix and other assorted canned fruits</p>	<p>Milk</p> <p>Salad Bar</p> <p>Vegetable/Fruit Choices:</p> <p>Daily Veggie Medley can be: Cauliflower, carrots, cucumber, radish, tomato, celery broccoli, green & red peppers lettuce blend</p> <p>Fresh Fruit can be: apples, bananas, oranges, and other seasonal fruits</p> <p>Canned Fruit can be: pineapple, pears, applesauce, peaches, fruit mix and other assorted canned fruits</p>

Low-fat Unflavored and Fat-free Flavored Milk Offered Daily

FRUIT AND VEGETABLE CHOICES ARE ALL YOU CAN EAT