

MOUNT PLEASANT STANDARD BASED MIDDLE SCHOOL
2009 - 2010 SCHOOL YEAR MENUS
FOUR WEEK CYCLE

*Milk offered at all meals are 1% white, 1% strawberry and 1% chocolate

**All milk servings are 8 oz. and 100% fruit juice are 6 oz. servings

Week 1 11	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B * **	1 seasonal fruit (4-5 oz.) ¾ cup assorted cereal 3 oz. assorted muffin Milk	1 seasonal fruit (4-5 oz.) 1.5 oz. egg patty 1 oz. slice of cheese ¼ cup home fries Milk	100% fruit juice (assorted) ¼ cup scrambled eggs ½ cup grits 1 oz. bacon 2.5 oz biscuit Milk	100% fruit juice (assorted) 2 - 3 oz. pancakes 1.5 oz. syrup 2 - 1 oz. bacon Milk	100% fruit juice (assorted) ¾ cup assorted cereal 3 oz. assorted muffin Milk
L * **	½ cup spaghetti 5 - ½ oz meatballs 1 - 2 oz. garlic bread ¼ cup string beans ½ fruit cup (assorted) Milk	3 oz. grilled whole cheese sandwich on a 2.1 oz. bun ½ cup tator tots ¼ cup corn Milk 100% fruit juice	3 oz. BBQ roast pork 2 oz. mashed potatoes ¼ cup string beans 4 oz. fruit salad 2.1 oz. roll Milk	4 oz. cheeseburger w/1 oz. slice of cheese ¼ mixed vegetables 2 oz. potato wedges Milk 100% fruit juice (assorted)	2 oz. beef hot dog on a 2 oz. bun 3 oz. potato wedges 4 oz. assorted fruit cup Milk
Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B * **	100% fruit juices (assorted) ¾ cup assorted cereal 3 oz. assorted muffin Milk	100% fruit juices (assorted) 1.5 oz. sausage patty 2.5 oz. biscuit ¼ cup potato triangles Milk	1 seasonal fruit (4-5 oz.) ¼ cup scrambled eggs ½ cup grits 1 oz. bacon 2.5 oz. biscuit Milk	100% fruit juices (assorted) 2 - 3 oz. pancakes with 1.5 oz. sausage patty 1.5 oz. syrup 2.2 oz. peanut butter & jelly graham breakfast bar Milk	1 seasonal fruit (4-5 oz.) 3 oz. blueberry muffin ¾ cup assorted cereal Milk
L * **	100% fruit juices (assorted) 3 - 4 oz. oven fried chicken pieces ¼ cup corn 2 oz. mashed potatoes Milk	100% fruit juices (assorted) 1 cup macaroni & cheese (made w/3 oz. real cheese) ¼ cup green peas ½ cup lettuce & tomato 2.1 oz. roll Milk	1 seasonal fruit (4-5 oz.) 4 oz. pizzaburger w/1 oz. mozzarella cheese, ½ oz. marinara sauce and 2.1 oz. bun ½ cup tator tots ½ cup tossed salad Milk	4 oz. turkey tetrazini 2.1 oz. roll ½ cup garden salad ½ cup mixed fruit Milk	100% fruit juices (assorted) 2 oz. beef hot dogs on a 2 oz. bun 3 oz. potato wedges Milk

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B * **	100% fruit juice (assorted) ¾ cup assorted cereal 3 oz. donut Milk	1 seasonal fruit (4-5 oz.) 3 oz. breaded chicken patty with 2.5 oz. biscuit ¼ cup potato triangles Milk	100% fruit juices (assorted) ½ cup buttered grits ¼ cup scrambled eggs 1 oz. bacon 2.5 oz. biscuit Milk	100% fruit juices (assorted) 2 - 3oz. pancakes 1.5 oz. syrup Milk	1 seasonal fruit (4-5 oz.) ¾ cup assorted cereal 3 oz. assorted muffin Milk
L * **	100% fruit juices (assorted) 4 oz. turkey tetrazzini 2.1 oz. roll ½ cup tossed salad Milk	3 ½ oz. oven BBQ crispy chicken 2 oz. roll ¼ cup green beans ½ cup assorted fruit Milk	100% fruit juices (assorted) 2 oz. hot dog on 2 oz. bun ½ cup baked beans ¼ cup mixed vegetables Milk	4 oz. cheeseburger on a 2.1 multi-grain bun ½ cup tator triangles ½ cup lettuce & tomato ¼ cup string beans ¼ cup assorted fruit Milk	100% fruit juices (assorted) 3 oz. grilled whole cheese sandwich on a 2.1 oz. bun 3 oz. potato wedges ½ cup tossed salad Milk

Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B * **	¾ cup assorted cereal 2.2 oz. peanut butter & jelly graham breakfast bar ½ cup assorted fruit Milk	1 seasonal fruit (4-5 oz.) 1.5 oz. Sausage patty 2.5 oz. biscuit ¼ cup potato triangles Milk	100% fruit juices (assorted) ½ cup buttered grits ¼ cup scrambled eggs 1 oz. bacon 2.5 oz. biscuit Milk	2 - 3 oz. pancakes with 1.5 oz. syrup 1.5 oz. sausage patty ¼ cup assorted fruit Milk	100% fruit juices (assorted) ¾ cup assorted cereals 1.1 oz. peanut butter with 2.2 oz. biscuits 2 - .5 oz. jelly packs Milk
L * **	3 oz. chicken fajita ½ cup white rice ¼ cup mixed vegetables 2 oz. roll ½ cup assorted fruit Milk	100% fruit juices (assorted) 6 oz. nachos with 2 oz. taco beef 1 oz. whole milk melted cheese ½ cup BBQ baked beans Milk	2 ¾ oz/3 ½ oz. crispy BBQ chicken ½ cup tator tots ¼ cup green beans 2 oz. roll ½ cup assorted fruit Milk	100% fruit juices (assorted) 4 oz. baked ziti with ground beef 2.1 oz. garlic roll 1 oz. marinara sauce ½ cup string beans ½ cup tossed salad Milk	3 oz. BBQ pork sandwich with a 2.1 oz. bun ½ cup BBQ baked beans ½ cup coleslaw ¼ cup assorted fruit Milk