



September 2019 - Supper Menu

Ontario-Montclair School District - Food & Nutrition Services

Middle School



Monday	Tuesday	Wednesday	Thursday	Friday
 2	3 Beef Mini Cheeseburgers Cool Peas Raisels 	4 Roasted Chicken w/Flour Tortilla Seasoned Pinto Beans Berry Juice	5 ANYTIMERS Turkey & Cheese w/Mini Crackers Jicama Sticks Fresh Nectarine Ice Cream Sandwich	6 8 oz Strawberry Yogurt w/Crackers Carrot-Celery Combo Mixed Fruit
9 Beef Chili Mac w/Breadstick Cooked Green Beans Frozen Watermelon Juice Cup	10 Turkey Taco Nada Celery-Carrot Combo Applesauce Cup 	11 Turkey Ham and Cheese Deli Sub Assorted Baked Chips Zucchini Sticks w/Ranch Orange Smiles 	12 Ants on a Log Day Peanut Butter Cup w/Crackers String Cheese Celery Sticks Raisins Chocolate Chocolate Chip Cookie	13 Pepperoni Pizza* Caesar Salad Fresh Plum
16 Macaroni & Cheese Cooked Peas Strawberry Cup	17 Breakfast For Dinner Mini Maple Pancakes 8 oz Strawberry Yogurt Baby Carrots Orange Juice 	18 Kung Pao Chicken Rice Bowl Carrot-Celery-Jicama Mix Chilled Watermelon Cubes 	19 Chef's Choice Celery Sticks Fresh Banana Ice Cream Sandwich	20 ANYTIMERS Turkey & Cheese w/Mini Crackers Broccoli Bites Apple Slices
23 Nacho Cheese w/Tortilla Chips Beef Taco Meat Roasted Chickpeas Berry Juice	24 Beef Pretzel Dog Broccoli-Carrot Combo Frozen Watermelon Juice Cup	25 Chicken Enchilada Seasoned Pinto Beans Fresh Cantaloupe 	26 Pepperoni Sliders* Cucumber Coins Apple Slices Sun Butter Cookie 	27 Ants on a Log Day Peanut Butter Cup w/Crackers String Cheese Celery Sticks Raisins
30 Pepperoni Pizza* Caesar Salad Flavored Craisins 			Daily choice of milk: 1% White OR Non-Fat Chocolate OR Non-Fat Strawberry 	Remember to take 3 out of the 5 food components. One of the components must be a 1/2 cup of fruit or vegetable. <div style="display: flex; justify-content: center; gap: 5px;"> <div style="background-color: #008000; width: 50px; height: 15px;"></div> Dark Green </div> <div style="display: flex; justify-content: center; gap: 5px;"> <div style="background-color: #ffff00; width: 50px; height: 15px;"></div> Starchy </div> <div style="display: flex; justify-content: center; gap: 5px;"> <div style="background-color: #00aaff; width: 50px; height: 15px;"></div> Other </div> <div style="display: flex; justify-content: center; gap: 5px;"> <div style="background-color: #ff0000; width: 50px; height: 15px;"></div> Red/Orange </div> <div style="display: flex; justify-content: center; gap: 5px;"> <div style="background-color: #800080; width: 50px; height: 15px;"></div> Legumes </div>

* Item contains pork

" Ontario-Montclair School District is an equal opportunity provider and employer"

Menu subject to change.