

NEW PRAIRIE MIDDLE SCHOOL CAFETERIA MENU

August 2016						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September 2016						
S	M	T	W	T	F	S
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25	26	27	28	29	30	

October 2016						
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23	24	25	26	27	28	29
30	31					

November 2016						
S	M	T	W	T	F	S
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December 2016						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Key:	Cycle Week 1	Cycle Week 2	No School Days	Flex Days
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BREAKFAST MENU STUDENT PRICE: \$1.30 (Includes Milk) REDUCED PRICE FOR QUALIFIED STUDENTS: \$.30 (Includes Milk)

	Monday	Tuesday	Wednesday	Thursday	Friday
Weekly	Mini Pancakes	Breakfast Pizza	Warm Cinnamon Roll	Warm Banana Bread	Warm Cinnamon Twist
Offered Daily	100% Juice or Fresh Fruit (May take both, must take at least one.)	100% Juice or Fresh Fruit (May take both, must take at least one.)	100% Juice or Fresh Fruit (May take both, must take at least one.)	100% Juice or Fresh Fruit (May take both, must take at least one.)	100% Juice or Fresh Fruit (May take both, must take at least one.)
	Cereal & Graham Snack	Cereal & Graham Snack	Cereal & Graham Snack	Cereal & Graham Snack	Cereal & Graham Snack

LUNCH MENU STUDENT MEAL PRICE: \$2.15 (Includes Milk) REDUCED MEAL PRICE FOR QUALIFIED STUDENTS: \$.40 (Includes Milk)

A variety of fresh fruit, canned fruit, and 100% fruit juice is offered daily. Students may choose 2 vegetables and 2 fruits with a meal purchase (must take at least one fruit or vegetable to make it a meal). Choice of low-fat white and non-fat chocolate milk offered daily.

	Monday	Tuesday	Wednesday	Thursday	Friday
Cycle Week 1 Entrees	Cheese or Pepperoni Pizza	Cheeseburger/Let. & Tomato	Chicken & Noodles/Bread	Chicken Smackers/Chips/Salsa	Bosco Sticks/Marinara
	BBQ Pork on Bun	Chicken Fillet/Let. & Tomato	Turkey Manhattan	Beef/Cheese Nachos/Salsa	Macaroni & Cheese/Roll
	Scalloped Potatoes	Baked Beans	Mashed Potatoes	Green Beans	Broccoli
	Garden Salad	Pepper Strips	Carrots	Garden Salad	Fresh Veggie Tray
Alternate Entrées Offered Daily	Crispy Chicken Salad (Spinach & Romaine)/Breadstick	Turkey Flatbread with Ranch and Cucumbers	Diced Ham Chef Salad/Breadstick	Ham & Turkey Club /Lettuce/Tomato on Croissant	Diced Turkey Chef Salad/Breadstick
	PB&J Combo/Cheese Stick	PB&J Combo/Yogurt	PB&J Combo/Cheese Stick	PB&J Combo/Yogurt	PB&J Combo/ Cheese Stick Cookie
Cycle Week 2 Entrees	Asian Chicken/Rice	Cougar Bowl /Dinner Roll	Ravioli/Cheese Cup/Garlic Bread	Soft Beef Taco /Chips/Salsa	Lasagna Roll Up/Garlic Bread
	Steak Sandwich/Cheese/Pepper Strips	Bacon Cheeseburger	Quesadilla/Salsa	Boneless Chicken Wings/Chips/Salsa	Pepperoni Calzone/Marinara
	Broccoli	Mashed Potatoes	Green Beans	Refried Beans	Garden Salad
	Carrots	Corn	Garden Salad	Oven Fries	Fresh Veggie Tray

*MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE DUE TO PRODUCT AVAILABILITY

Daily Meal Charging: Students are allowed to charge 1 lunch. Students with a negative balance will be given a cheese sandwich and milk (for a limited time) until payment is provided. *No ala carte charging.*

"This institution is an equal opportunity provider."

Meal Modifications: Forms must be completed each School year for food allergies or any other food modifications. For forms and information please contact the School Health Aide or the Food Service Director.

Free/Reduced Price Meal/Textbook Assistance – Applications can be submitted online at:

<http://npusc.heartlandapps.com>

ADD MORE VEGETABLES TO YOUR DAY!

- 1 discover fast ways to cook** Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.
- 2 be ahead of the game** Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with a hummus dip, or in a veggie wrap.
- 3 choose vegetables rich in color** Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.
- 4 check the freezer aisle** Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables, such as corn, peas, green beans, or spinach to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.
- 5 stock up on veggies** Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as “reduced sodium,” “low sodium,” or “no salt added.”
- 6 make your garden salad glow with color** Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, carrots, or watercress. Your salad will not only look good but taste good, too.
- 7 sip on some vegetable soup** Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low sodium soups. Make your own soups with a low-sodium broth and your favorite vegetables.
- 8 while you're out** If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.
- 9 savor the flavor of seasonal vegetables** Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.
- 10 try something new** Choose a new vegetable that you've never tried before. Find recipes online at [www. WhatsCooking.fns.usda.gov](http://www.WhatsCooking.fns.usda.gov).