



# CANON- McMILLAN SCHOOL DISTRICT MIDDLE SCHOOL MENU

## FEBRUARY 2012



**Main** **Line**

**Alternate:**

**Monday:** School Made Sicilian Pizza  
**Tuesday:** Meatball or BBQ Rib Hoagie  
**Wednesday:** Steak & Cheese/Wheat Bun  
**Thursday:** Grilled Chicken/Wheat



**DELUXE/TIER PRICED ENTRÉE/PIZZA:**

2/1 ~ Pepperoni Pizza  
 2/2 ~ Spicy Chicken Patty & Oven Fries  
 2/3 ~ Philly Cheese Steak Pizza

2/6 ~ Taco Salad w/ Baked Doritos & Churro  
 2/7 ~ Three Pizza Sticks w/ Sauce  
 2/8 ~ **Teacher's In Service Day—No School!**  
 2/9 ~ Pepperoni Pizza  
 2/10 ~ Mexican Pizza


2/13 ~ Three Italian Dunkers w/ Dipping Sauce  
 2/14 ~ Pepperoni Pizza  
 2/15 ~ Chicken Club Pizza  
 2/16 ~ Buffalo Chicken Pizza  
 2/17 ~ Stuffed Crust Pizza

2/20 ~ **President's Day—No School!**  
 2/21 ~ Double Dog w/ Fixings Bar  
 2/22 ~ Crunchy Taco Wrap  
 2/23 ~ Chicken Pasta Alfredo  
 2/24 ~ Fish Sandwich & Oven Fries

2/27 ~ **Papa John's Pizza!**  
 2/28 ~ Three Pizza Sticks w/ Sauce  
 2/29 ~ Spicy Chicken Patty & Oven Fries  
**Note:** A second item from our regular priced "Comfort Foods" menu will be available on the Signature Food/Deluxe Line daily

**Please Note:** Menu items with ground meat may contain a combination of ground beef and/or turkey.  
**Allergy Info Available:** Please contact the Food Service Office 724-746-1040



2/1 Pancakes w/ Syrup & Sausage Links or Grilled Chicken on a Bun/Tater Tots  
 2/2 **Ground Hog Day!** Chicken Strips or Nachos w/ Meat & Cheese  
 Both Served w/ a Roll /Corn **Will I see my shadow?**   
 2/3 Steak & Cheese Hoagie or Pasta w/ Meat Sauce & Roll

2/6 **Cinnamon Churro Day!** Chicken Nuggets or Soft Taco/Brown Rice & Corn  
 2/7 Pasta w/ Meat Sauce & Roll or Ham BBQ on Choice of Bun/Garden Salad  
 2/8 **Teacher's In Service Day—No School!**  
 2/9 **Lucky Tray Day!** Mini Chicken Patty Hoagie or Sloppy Joe on a Bun/Tater Tots  
 2/10 Mini Corn Dog Nuggets or **Tier Priced** Mexican Pizza/Green Beans

2/13 Ranch Chicken Wrap or Italian Dunkers w/ Dipping Sauce/ Steamed Broccoli  
 2/14 **Valentine's Day! February in National Heart Month**



**Heart** Healthy Grilled Chicken on a Wheat Roll or **Cupid's** Whole Grain Pizza  
**Honey Kissed** Steamed Carrots & **Sweet** Applesauce  
**Valentine Treat!**


2/15 Chicken Fries w/ Choice of Bread or Cheeseburger on a Bun/Tater Tots  
 2/16 Walking Taco or Turkey & Cheese on Wheat / Sweet Corn & Cinnamon Apples  
 2/17 Chicken Rings w/ Wheat Bread or **Tier Priced** Stuffed Crust Pizza/Garden Salad

2/20 **President's Day!—No School!**



2/21 **Mardi Gras!**  
 Hot Dog on a Bun or Cinnamon French Toast w/ Sausage/ Tater Tots



2/22 Crunchy Taco w/ Wheat Bread or Grilled Cheese & Tomato Soup/Corn  
 2/23 **Happy Birthday Day!** BBQ Rib Hoagie or Pasta w/ Meat Sauce & Roll/ Salad   
 2/24 **Pudding Cup Day!** Fish Sticks w/ Bread or Smart Pizza/ Green Beans

2/27 **Papa John's Pizza Day!** Papa John's Pizza or (2) Mini Chicken Sliders on Wheat Rolls/ Fresh Mini Carrots  
 2/28 Turkey & Cheese Sub or (5)Meatballs & (2)Breadsticks w/Marinara/Mixed Veggies  
 2/29 **Leap Day! Soft Pretzel Day!** Grilled Chicken or BBQ Pork on Choice of Bun/ 1oz Soft Pretzel & Tater Tots

Lunch entrées served with choice of vegetable, fruit & fat free white or flavored milk. Fresh fruit & fresh vegetable choices available daily.  
 Students must select 3 - 5 nutritious components, otherwise they will be charged ala carte prices.  
**All menu items are subject to change.**

**For additional information, please see menu board inside cafeteria. Menus are also available in the office, homerooms, & on CMSD Website.**



**CAFETERIA SUBSTITUTES NEEDED—NO EXPERIENCE NECESSARY!**  
**Work during regular school hours.**  
**Great job for semi-retirees or stay at home moms/dads!**  
**CALL: 724-746-1040 for more information**



**Cookies available daily!**  
**Baked Fresh, reduced-fat,**  
**Sold Ala Carte 2/\$.50**



**Daily Specialties:**

**Monday**  
 Cinnamon Filled Pretzel Stick

**Tuesday**  
 French Toast Sticks w/ Syrup

**Wednesday**  
**Whole Grain Cinnamon Roll or**  
 Bagel w/Choice of Toppings

**Thursday**  
 Chicken Little Sandwich

**Friday**  
 Yogurt Cup & Jungle Crackers  
 or Cook's Choice

Breakfast is served w/ choice of 100% Fruit Juice and Fat Free Milk  
**Available Daily: Assorted Whole Grain Cereal with Toast**

**Lunch Prices: Paid: \$1.85**  
**(\$ 2.35 tier) Reduced \$ .40**  
**Adult \$3.00 (\$ 3.50 tier)**



**BOXED LUNCHES AVAILABLE DAILY:**  
**~GRAB-n-GO CHEF SALAD/Roll**  
**(+Meatless Salad~ Wednesday & Friday)**  
**Reduced/Low Fat Dressing Choice**  
**~A CHOICE OF HOAGIE (Mon, Wed & Fri)**  
**& WRAP (Tuesday & Thursday)**  
**(Variety Includes: Italian, Turkey Breast, Tuna Salad, Ham & Cheese, Ranch Chicken, BBQ Pork) New suggestions welcome!**

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