

Middle School 2022-2023 Lunch and Breakfast Menu



Little Miami Schools

Prices:

Breakfast \$1.70/Reduced \$0.30 Adult \$2.50

Lunch \$2.80/\$3.20/Reduced \$0.40

Additional Lunch \$2.80

Extra Milk & 0.55 Adult Meals \$4.10

Menu and variety of offerings are subject to change due to product availability

*** OFFERED DAILY:**

SERVED DAILY: Hamburger, Cheeseburger, Chicken Patty Sandwich, Spicy Chicken Sandwich and Sub Sandwiches

MON/WED: Cheese or Pepperoni Pizza Slice

TUE/THURS: Cheese Filled Breadstick w/Pizza Sauce

FRI: Giant Soft Pretzel w/Cheese Sauce

FRENCH FRIES \$1.00 Offered a la carte w/meal purchase

For complete nutritional and allergen information download the "My School Menus" mobile app or visit littlemiamischools.com >> Departments >> Food Services >> Menus.

NEW!! Online payments can be made by credit card at PaySchoolsCentral.com. Cash or check payments may be sent in with your student. To keep lines moving smoothly and quickly no change will be given at the register. Surplus funds will be added to the student's account for future purchases.

Smart snack compliant extras are available for purchase

Charging is allowed for meals only. Students may charge up to \$10.00

Families are responsible for negative balances

Visit www.payschoolscentral.com to fill out a **FREE/REDUCED** application

Please contact Ron McWhorter, Food Service Director with any questions or concerns at rmcwhorter@lmsdoh.org / 513-899-2264

This institution is an equal opportunity provider.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	CINNAMON SUGAR DONUT MILK/JUICE CHOICE ASSORTED FRUIT	SAUSAGE GRAVY/BISCUIT MILK/JUICE CHOICE ASSORTED FRUIT	MINI PANCAKES MILK/JUICE CHOICE ASSORTED FRUIT	EGG & CHEESE WRAP MILK/JUICE CHOICE ASSORTED FRUIT	FUNNEL CAKES MILK/JUICE CHOICE ASSORTED FRUIT
WEEK 1	Chicken Tenders Dinner Roll Mashed Potatoes w/gravy Sliced Carrots Assorted Fruit Milk	Mac and Cheese/Breadstick Green Beans Caesar Salad Assorted Fruit Milk	Doritos Walking Taco Salsa/Shredded Lettuce Refried Beans Seasoned Corn Assorted Fruit Milk	Toasted Cheese Sandwich Tomato Soup Side Salad Marco's Pizza Day Assorted Fruit Milk	French Toast w/Sausage Hash Brown Patty Assorted Fruit Milk
WEEK 2	BBQ Beef Rib on Hoagie Seasoned Green Beans Carrot Slices Assorted Fruit Milk	Chili Cheese Coney Dog Broccoli Baked Beans Assorted Fruit Milk	Panther Popcorn Chicken Bowl w/Roll Mashed Potatoes w/Gravy Seasoned Corn Assorted Fruit Milk	Regular Sloppy Joe Sandwich/Hot Honey Sloppy Joe Sandwich California Blend Vegetables Baked Beans Assorted Fruit Milk	Chicken Baconator Sandwich Sweet Potato Fries Caesar Salad Assorted Fruit Milk
WEEK 3	Chris P Chicken Mashed Potatoes w/gravy Broccoli Cucumber Slices Assorted Fruit Milk	Mozzarella Sticks w/Pizza Sauce Seasoned Green Beans Side Salad Assorted Fruit Milk	Build your own Burrito (\$3.20) Refried Beans w/Rice Salsa/Shredded Lettuce Diced Tomatoes/Sour Cream Assorted Fruit Milk	BBQ Boneless Chicken Wings Marco's Pizza Day Broccoli/Celery Seasoned Corn Assorted Fruit Milk	Meatloaf Sandwich Tator Tots Carrot Slices Assorted Fruit Milk
WEEK 4	Tangerine Chicken Broccoli/Baby Carrots Rice Assorted Fruit Milk Chicken Egg Roll \$1 Extra	Brunch for Lunch Cheesy Scrambled Eggs w/Hashbrowns Biscuit Sweet Potato Casserole Assorted Fruit/Milk	Beef and Cheese Taco Salad w/Salsa, Shredded Lettuce & Sour Cream Rice/Refried Beans Assorted Fruit Milk	Pepperoni Calzone w/Pizza Sauce Green Beans Caesar Salad Assorted Fruit Milk	Cincinnati 4 Way Carrot Slices Seasoned Corn Assorted Fruit Milk

Each week is represented by a color and is a 4 week cycle menu.

Week 1	Week 2	Week 3	Week 4
Aug 15th	Aug 22nd	Aug 29th	Sept 5th
Sept 12th	Sept 19th	Sept 22nd	Oct 3rd
Oct 10th	Oct 17th	Oct 24th	Oct 31st
Nov 7th	Nov 14th	Nov 21st	Nov 28th
Dec 5th	Dec 12th	Jan 3rd	Jan 9th
Jan 16th	Jan 23rd	Jan 30th	Feb 6th
Feb 13th	Feb 20th	Feb 27th	Mar 6th
Mar 13th	Mar 20th	Mar 27th	Apr 3rd
Apr 17th	Apr 24th	May 1st	May 8th
May 15th	May 22nd		

What Makes a Breakfast?
Select **3** at least **3** FOOD ITEMS

Must include a...

What Makes a Lunch?
Select 3-5 Components

One must be a **FRUIT** OR **VEGGIE**

A FULL TRAY FUELS YOUR DAY!
FOR BEST NUTRITION, CHOOSE ALL 5!

1. Grain
2. Vegetable
3. Fruit
4. Milk
5. Meat or Meat Alternate