



Paris Independent Schools Breakfast and Lunch Menu Middle and High 2017-2018

Monday

Tuesday

Wednesday

Thursday

Friday

Week 1

WG Chocolate Donut Milk / Juice / Applesauce	Chicken Biscuit Milk / Juice / Mixed Fruit	Breakfast Burrito Milk / Juice / Baked Apples	Mini Pancakes/Syrup Milk/Juice /Pineapples	Breakfast Pizza Milk / Juice / Pears
Popcorn Chicken Scrambled Eggs Sausage Pattie Biscuit Smiley Potatoes Baked Apples / Orange Slices Milk Choice	Hamburger / Cheeseburger Lasagna Breadstick Garden Spinach Salad Red Peppers & Cucumbers Peaches / Apple Slices Milk Choice	Pizza Chicken Strips WG Roll Mashed Potatoes Green Beans Pineapple / Orange Slices Milk Choice	Greyhound Burger Hot Ham & Cheese Au Gratin Potatoes Peas WW Rolls Pineapple/Grapes Milk Choice	General Tso's Chicken / Rice Spicy Chicken / WG Bun Romaine Lettuce / Tomato Steamed Carrots French Fries Applesauce/Orange Slices Milk Choice

Week 2

Cinn Mini Milk / Juice / Pineapple	Breakfast Pizza Milk / Juice / Mixed Fruit	Biscuit & Gravy Milk / Juice / Peaches	Muffin / String Cheese Milk / Juice / Pears	Maple French Toast Milk / Juice / Applesauce
Chicken Leg Turkey / Roll Mashed Potatoes / Gravy Green Beans Applesauce / Orange Slices Milk Choice	Bosco Sticks/Marinara Cup Chicken Rings / WW Roll Tater Tots Steamed Broccoli w Cheese Peaches / Apple Slices Milk Choice	Cheeseburger/Hamburger WG Bun / Lettuce / Tomato Little Caesars Pizza Romaine Spinach Salad Red Peppers & Cucumbers California Blend Pears / Orange Slices Milk Choice	Taco Bar / Refried Beans BBQ Sandwich Tortilla Chips / Salsa Mexican Rice / Corn Lettuce / Tomato / Cheese Pineapple/Grapes Milk Choice	Hot Dog Sloppy Joe Doritos / Carrots Mixed Fruit / Orange Slices Milk Choice

Week 3

Dutch Waffle Milk / Juice / Baked Apples	Biscuit & Sausage Gravy Milk / Juice / Mixed Fruit	Egg / Bacon / Toast Milk / Juice / Peaches	WG White Powdered Donuts Milk / Juice / Pineapples	Pancake / Sausage Stick Syrup Milk / Juice / Pears
Popcorn Chicken Grilled Cheese Potato Wedges Celery / Carrots Mixed Fruit / Orange Slices Milk Choice	Chicken & Noodle Cassarole Spaghetti W / Meat Sauce Green Beans Red Peppers & Cucumbers Texas Toast Peaches / Apple Slices Milk Choice	Hamburger / Cheeseburger Bosco Sticks / Marinara Cup Corn Romaine & Spinach Salad Pineapple / Orange Slices Milk Choice	Hot Ham & Cheese Chicken Pattie WG Bun / Baked Beans Steamed Broccoli French Fries Pears / Grapes Milk Choice	Spicy Chicken Fish Sticks Mac & Cheese / Pinto Beans Applesauce / Orange Slices Cole Slaw Milk Choice

Breakfast Alternate Choice: Milk, Cereal, WG Poptart, and Assorted Juice offered Daily

Lunch Alternate Choice: Peanut Butter Uncrustable, Chief Salad or Lunchable - Monday through Friday

100% Whole Grain & Whole Wheat Breads offered

1% White, Fat Free Chocolate, Strawberry White Milk Served Daily

****Chili will be offered during Fall and Winter months / Menu Subject to Change****

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August

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

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

October

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

November

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	Thanksgiving			
26	27	28	29	30		

December

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	Winter Break			
24						
31						

January

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			

February

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			

March

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

April

S	M	T	W	T	F	S
1		Spring Break				7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May

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		

Weekly menus are color coded to correspond with the calendar.