



Regular Lunch Price \$2.75

Lunch includes one Entrée, Fruit & Vegetable choices, & choice of Milk variety.

Add'l Daily Entrées:

- Assorted Cold Sandwiches:
Turkey, Ham & Salad
(Chicken/Tuna/Egg)
PBJ Uncrustable
- Hummus w/Pita & Carrots
- Yogurt/Cheese Stick/Cin Twirl
- Deli Combo Pack

Slider & Salad Lunch \$3.25

- Assorted Slider Sandwiches:
Chicken Parmesan,
Bacon Burger, Spicy Chicken

Pizza Lunch \$2.75

Daily Milk Selections:

1% White, Non-Fat White,
Non-Fat Chocolate & Non-Fat
Strawberry
Milk Only—\$.60
Bottled Water—\$.60
*free cup for fountain water

**No School
September 30th**



UCFSD Middle School Lunch Menu August/September 2019

26	27	28	29	30
Entrees Bosco Sticks/Marinara Sea Wonders w/ Roll Sides Fruit Variety Romaine Caesar Salad Fresh Cucumber Slices Fun Size Pretzels Daily Milk Selection *	Entrees Sloppy Joe Sandwich Cinnamon French Toast Sides Fruit Variety Romaine Caesar Salad Sliced Tomatoes Hash Brown Potato Daily Milk Selection *	Entrees Pork Rib B Q Sandwich Mac & Cheese w/TX Toast Sides Fruit Variety Romaine Caesar Salad Stewed Tomatoes French Fries Daily Milk Selection *	Entrees Beef Nachos Tortilla Chips w/Cheese Sides Fruit Variety Romaine Caesar Salad Refried Beans Lettuce/Diced Tomato/Salsa Daily Milk Selection *	NO SCHOOL TODAY!
2	3	4	5	6
NO SCHOOL TODAY!	Entrees Hot Dog on Bun Mozzarella Sticks & TX Toast Sides Fruit Variety Romaine Caesar Salad Baked Beans Sweet Potato Puffs Daily Milk Selection *	Entrees Chicken Smackers/Soft Pretzel Veggie Flatbread Sides Fruit Variety Romaine Caesar Salad Veggie Crunch Cup Daily Milk Selection *	Entrees Hot Hammie on Pretzel Roll Egg/Cheese Breakfast Sandwich Sides Fruit Variety Romaine Caesar Salad Potato Smiles Coleslaw Daily Milk Selection *	Entrees Meatball Sandwich Grilled Cheese Sandwich Sides Fruit Variety Romaine Caesar Salad Tomato Soup Daily Milk Selection *
9	10	11	12	13
Entrees Breaded Chicken Patty on Bun Bean Burrito Sides Fruit Variety Romaine Caesar Salad Black Bean & Corn Salsa Choc Chip Cookie Daily Milk Selection *	Entrees Chicken Wings w/Biscuit Breaded Ravioli w/Marinara Sides Fruit Variety Romaine Caesar Salad Fresh Celery Sticks w/Ranch Rice Krispie Treat Daily Milk Selection *	Entrees Beef Nachos Tortilla Chips w/Cheese Sides Fruit Variety Romaine Caesar Salad Refried Beans Lettuce/Diced Tomato./Salsa Daily Milk Selection *	Entrees Cheese Steak Sandwich Pancakes w/Sausage Sides Fruit Variety Romaine Caesar Salad Fresh Cucumber Slices Hash Brown Potato Daily Milk Selection *	Entrees Swt/Sour Chicken w/Rice/Roll Fish w/Rice/Roll Sides Fruit Variety Romaine Caesar Salad Fresh Baby Carrots Oriental Vegetables Daily Milk Selection *
16	17	18	19	20
Entrees Chicken Quesadilla Wedge Cheese Quesadilla Sides Fruit Variety Romaine Caesar Salad Chic Pea Salad Daily Milk Selection *	Entrees Pulled Pork Sandwich Lasagna Rollup Sides Fruit Variety Romaine Caesar Salad Fresh Cucumber Slices Daily Milk Selection *	Entrees Chicken Tenders w/Biscuit Lo Mein Noodles w/Edamame Sides Fruit Variety Romaine Caesar Salad French Fries Fresh Baby Carrots Daily Milk Selection *	Entrees Pasta and Meatballs Margarita Flatbread Sides Fruit Variety Romaine Caesar Salad Steamed Broccoli Daily Milk Selection *	Entrees Sausage/Egg/Cheese Bagel Grilled Cheese Sandwich Sides Fruit Variety Romaine Caesar Salad Tomato Soup Daily Milk Selection *
23	24	25	26	27
Entrees Chicken Parm w/Pasta Baked Potato w/ Cheese, Roll Sides Fruit Variety Romaine Caesar Salad Fresh Baby Carrots Granola Bar Daily Milk Selection *	Entrees Sloppy Joe Sandwich Cinnamon French Toast Sides Fruit Variety Romaine Caesar Salad Sliced Tomatoes Hash Brown Potato Daily Milk Selection *	Entrees Pork Rib B Q Sandwich Mac & Cheese w/TX Toast Sides Fruit Variety Romaine Caesar Salad Stewed Tomatoes French Fries Daily Milk Selection *	Entrees Beef Nachos Tortilla Chips w/Cheese Sides Fruit Variety Romaine Caesar Salad Refried Beans Lettuce/Diced Tomato/Salsa Daily Milk Selection *	Entrees Bosco Sticks/Marinara Sea Wonders w/ Roll Sides Fruit Variety Romaine Caesar Salad Fresh Cucumber Slices Fun Size Pretzels Daily Milk Selection *



MIDDLE SCHOOL BREAKFAST PROGRAM

Don't skip that morning meal! Studies have shown that children who eat a nutritious breakfast are more attentive in class, score higher on standardized tests, and are healthier than those children who do not eat breakfast. With today's busy schedules, many families do not have time to fit a balanced meal into their morning schedules. The School Breakfast Program is available for children to get their day started with a nutritious meal that parents can feel good about. The kids like it because they can enjoy breakfast with friends while enjoying those few extra minutes of sleep in the morning before the bus.

Breakfast is \$2.00 for the meal. It includes: Entrée, Fruit and Milk Variety. Students can choose from the following breakfast items to make up a meal package:

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Entrées:</u> French Toast Sticks Bagel Muffin Cereal Yogurt Fruit Variety Milk Variety	<u>Entrées:</u> Apple Frudel Bagel Muffin Cereal Yogurt Fruit Variety Milk Variety	<u>Entrées:</u> Breakfast Pizza Bagel Muffin Cereal Yogurt Fruit Variety Milk Variety	<u>Entrées:</u> Pancakes Bagel Muffin Cereal Yogurt Fruit Variety Milk Variety	<u>Entrées:</u> Cinni Minis Bagel Muffin Cereal Yogurt Fruit Variety Milk Variety



Student Account Information

Do you want to make a payment on your student's account? You can send in cash or a check made payable to "UCF Cafeteria" with your student to school. Please put it in an envelope marked with your student's name, teacher, and student ID number if you have it. If you want to pay online using a credit or debit card, please go to ucfsd.revtrak.net and create a RevTrak account. Once your account is created, you can make a one-time payment or you can set up auto replenish. You can also elect to receive notifications, such as low balance alerts. Please note that RevTrak charges a 3.62% fee to use this service.

Do you want to know what your child purchased or do you need nutritional information about school menus? You can view account histories and nutrition or allergy information at schoolcafe.com. Parents are able to indicate preferences or place restrictions on their child's account by calling the Food Service office at 610-347-0970, ext 3334.