



# Oak Grove School District Middle School Lunch Menu SEPTEMBER 2017



## Traditional Student Favorites

Toppings and Sauces Available on Salad Bar  
Add a Salad, Fruit, Vegetables from the Salad Bar

Monday	Tuesday	Wednesday	Thursday	Friday
Nacho Bar	Chicken Dippers	Rice Bowl	Chicken Dippers	Pasta Bar



## Burgers and More

Toppings and Sauces Available on Salad Bar  
Add a Salad, Fruit, Vegetables from the Salad Bar

Monday	Tuesday	Wednesday	Thursday	Friday
Crispy or Spicy Chicken Patty	100% All Beef Burgers	Crispy or Spicy Chicken Patty	100% All Beef Burgers	Crispy or Spicy Chicken Patty



## Fresh Sandwiches and Salads

All Salads include WG Breadstick  
Add a Salad, Fruit, Vegetables from the Salad Bar

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey & Cheddar	Chicken Caesar Salad	American Combo Sub	Mandarin Chicken Salad	Deli Ham & Swiss Cheese



## Classic Oven Baked Pizzas

Parmesan Cheese and Pepper Flakes Available on Salad Bar  
Add a Salad, Fruit, Vegetables from the Salad Bar

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese** Pepperoni	Garden** Sausage	Cheese** Pepperoni	Garden** BBQ Chicken	Cheese** Pepperoni

Enjoy a Variety of Daily Specials Two Week Rotating Menu		 Add a Salad, Fruit, Vegetables From the Salad Bar Additional Toppings and Sauces — Available on the Salad Bar		
Monday	Tuesday	Wednesday	Thursday	Friday
4 No School Holiday	5 Crispy Chicken Cordon Bleu Sandwich	6 Honey BBQ Rib Sandwich	7 Chicken Enchilada with Spanish Rice	8 WG Italian Dunkers with Marinara Sauce**
11 WG Chicken Corn Dog with French Fries	12 WG Bean & Cheese Enchirito**	13 BBQ Pulled Turkey Sandwich	14 Chicken & Waffle with Maple Syrup	15 Energy Protein Pack with Sunflower Seeds
18 Turkey Hot Dog on WG Bun	19 Crispy Chicken Cordon Bleu Sandwich	20 Honey BBQ Rib Sandwich	21 Chicken Enchilada with Spanish Rice	22 WG Italian Dunkers with Marinara Sauce**
25 WG Chicken Corn Dog with French Fries	26 WG Bean & Cheese Enchirito**	27 BBQ Pulled Turkey Sandwich	28 Chicken & Waffle with Maple Syrup	29 Energy Protein Pack with Sunflower Seeds**
<b>2017-2018 Meal Applications</b> —Available Online at OGSD.net or Pick Up at School Main Office or Oak Grove School District Office—6578 Santa Teresa Blvd. San Jose, CA				

**All Meals Must Include a 1/2 Cup  
Fruit or Vegetable**

Choose from an Assortment of Fresh Fruits  
and Vegetables on the Salad Bar  
Choice of Lowfat Milk  
or Nonfat Chocolate Milk

### Meal Prices

Student Lunch \$2.75 / Reduced \$0.40  
Adult Lunch \$3.25



A commitment to provide fresh, local and clean food options and empowering students to; THINK about their Nutritional Choices



This explains what to do if you believe you have been treated unfairly. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, DC 20250-9410 or call 866-632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339, or 800-845-6136 (Spanish).





# Oak Grove School District Middle School Breakfast Menu SEPTEMBER 2017



Monday 9/4	Tuesday 9/5	Wednesday 9/6	Thursday 9/7	Friday 9/8
1. Pancake & Sausage on a Sticks with Tater Tots 2. Lowfat Yogurt with Cinnamon	1. Fiesta Breakfast Burrito with Salsa 2. WG Mini Cinnamon Buns**	1. Mini Blueberry Pancakes with Sausage Patty 2. WG Bagel with Cream	1. Egg, Sausage Patty & Cheese Muffin Sandwich 2. WG Benefit Bar**	1. WG Breakfast Sausage Pizza 2. WG Mini Breakfast Loaf with Graham Cracker**
Monday 9/11	Tuesday 9/12	Wednesday 9/13	Thursday 9/14	Friday 9/15
1. Fiesta Breakfast Burrito with Salsa 2. Lowfat Yogurt with Cinnamon Graham Goldfish**	1. Egg & Cheese Muffin Sandwich ** 2. WG Cinnamon Bun**	1. Mini Cinnamon Waffles with Sausage Link 2. WG Bagel with Cream Cheese**	1. Scrambled Eggs with Sausage Link & Tater Tots 2. WG Apple Frudel**	1. WG Breakfast Sausage Pizza 2. WG Mini Breakfast Loaf with Graham Cracker**
Monday 9/18	Tuesday 9/19	Wednesday 9/20	Thursday 9/21	Friday 9/22
1. Pancake & Sausage on a Sticks with Tater Tots 2. Lowfat Yogurt with Cinnamon	1. Fiesta Breakfast Burrito with Salsa 2. WG Mini Cinnamon Buns**	1. Mini Blueberry Pancakes with Sausage Patty 2. WG Bagel with Cream	1. Egg, Sausage Patty & Cheese Muffin Sandwich 2. WG Benefit Bar**	1. WG Breakfast Sausage Pizza 2. WG Mini Breakfast Loaf with Graham Cracker**
Monday 9/25	Tuesday 9/26	Wednesday 9/27	Thursday 9/28	Friday 9/29
1. Fiesta Breakfast Burrito with Salsa 2. Lowfat Yogurt with Cinnamon Graham Goldfish**	1. Egg & Cheese Muffin Sandwich ** 2. WG Cinnamon Bun**	1. Mini Cinnamon Waffles with Sausage Link 2. WG Bagel with Cream Cheese**	1. Scrambled Eggs with Sausage Link & Tater Tots 2. WG Apple Frudel**	1. WG Breakfast Sausage Pizza 2. WG Mini Breakfast Loaf with Graham Cracker**
<b>Meal Prices</b>			<b>Part Time Work</b>	
Breakfast \$1.25 / Reduced \$0.30 Lunch \$2.75 / Reduced \$0.40			We are looking for Substitute Kitchen Workers. Apply online @ EdJoin.org or at Oak Grove Scholl District Office	



Food options that utilize locally-grown or produced ingredients.



Food options that are made from scratch.



Food options options with a short ingredient list and/or no artificial additives.

**All Meals Must Include a 1/2 Cup Fruit or Vegetable**

**Choose from a Variety of Fresh Fruits and Vegetables on the Salad Bar Daily**

**Choice of Lowfat Milk or Nonfat Chocolate Milk**

**Meal Prices**

**Student Breakfast \$1.50 / Reduced \$0.30 - Adult Breakfast \$2.00**

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## Traditional Student Favorites

Toppings and Sauces Available on Salad Bar  
Add a Salad, Fruit, Vegetables from the Salad Bar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Nacho Bar</b> Beans Daily WK 1-3 Chicken	<b>Chicken Dippers</b> Chicken Nuggets and Chicken Tenders	<b>Rice Bowl</b> WK 1-3 Teriyaki Chicken WK 2-4 Orange Chicken	<b>Chicken Dippers</b> Chicken Nuggets and Chicken Tenders	<b>Pasta Bar</b> Marinara with or without Meatballs and



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Monday	Tuesday	Wednesday	Thursday	Friday
<b>Turkey &amp; Cheddar</b>	<b>Chicken Caesar Salad</b>	<b>American Combo Sub</b>	<b>Mandarin Chicken Salad</b>	<b>Deli Ham &amp; Swiss Cheese</b>



## Burgers and More

Toppings and Sauces Available on Salad Bar  
Add a Salad, Fruit, Vegetables from the Salad Bar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Crispy or Spicy Chicken Patty</b>	<b>100% All Beef Burgers</b> With and Without	<b>Crispy or Spicy Chicken Patty</b>	<b>100% All Beef Burgers</b> With and Without	<b>Crispy or Spicy Chicken Patty</b>



## Classic Oven Baked Pizzas

Parmesan Cheese and Pepper Flakes Available on Salad Bar  
Add a Salad, Fruit, Vegetables from the Salad Bar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Cheese** Pepperoni</b>	<b>Garden** Sausage</b>	<b>Cheese** Pepperoni</b>	<b>Garden** BBQ Chicken</b>	<b>Cheese** Pepperoni</b>

Enjoy a Variety of Daily Specials Two Week Rotating Menu		<b>REVOLVE</b>	Add a Salad, Fruit, Vegetables From the Salad Bar Additional Toppings and Sauces — Available on the Salad Bar	
Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b> Turkey Hot Dog on WG Bun	<b>5</b> Crispy Chicken Cordon Bleu Sandwich	<b>6</b> Honey BBQ Rib Sandwich	<b>7</b> Chicken Enchilada with Spanish Rice	<b>8</b> WG Italian Dunkers with Marinara Sauce**
<b>11</b> WG Chicken Corn Dog with French Fries	<b>12</b> WG Bean & Cheese Enchirito**	<b>13</b> BBQ Pulled Turkey Sandwich	<b>14</b> Chicken & Waffle with Maple Syrup	<b>15</b> Energy Protein Pack with Sunflower Seeds
<b>18</b> Turkey Hot Dog on WG Bun	<b>19</b> Crispy Chicken Cordon Bleu Sandwich	<b>20</b> Honey BBQ Rib Sandwich	<b>21</b> Chicken Enchilada with Spanish Rice	<b>22</b> WG Italian Dunkers with Marinara Sauce**
<b>25</b> WG Chicken Corn Dog with French Fries	<b>26</b> WG Bean & Cheese Enchirito**	<b>27</b> BBQ Pulled Turkey Sandwich	<b>28</b> Chicken & Waffle with Maple Syrup	<b>29</b> Energy Protein Pack with Sunflower Seeds**
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**LOCAL** Food options that utilize locally-grown or produced ingredients.

**FRESH** Food options that are made from scratch.

**CLEAN** Food options with a short ingredient list and/or no artificial additives.

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