

BACK TO SCHOOL

Menus for September 2018

Warwick Middle School Menu

E=mc² *F=ma* *S=πR²*

This institution is an equal opportunity provider. Menus are subject to change.

Remembering our Heroes on September 11, and showing our support for them all year round.

EZSchoolPay.com

SIMPLE, SAFE & SECURE

BREAKFAST

\$1.50
Reduced
\$0.00

LUNCH

\$ 2.75
Warrior \$3.50
.40 Reduced

Pay for meals on-line at **EZSchoolPay.com!**

HEY KIDS (& PARENTS)!

Breakfast daily \$1.50
Offered throughout the week:

Benefit bars, Breakfast pizza, Dutch waffles, Donuts, Cinnamon rolls, muffins, cereal

make your MORNING COUNT
WITH SCHOOL BREAKFAST

HAPPY LABOR DAY! DON'T GET!



Try not to be **BLUE** about Summer's end - enjoy the last sweet days of the season **BERRY** much!

Take at least **ONE FRUIT or VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!

AVAILABLE DAILY

All meals include (2) fruits, veggie and milk
MILK IS THE ONLY BEVERAGE INCLUDED W/ MEALS
Meals include choice of Fat Free Flavored, Fat Free White or 1% white

\$2.75 Sandwich Bar w/(2)fruits,veggie, milk
Choices: Italian, turkey, ham & cheese subs, Veggie burger

\$2.75 Hummus Lunch: Hummus cup, pretzels, sunflower seeds, graham crackers, veggie, (2) fruits and milk

\$2.75 Wrap w/ veggie, (2)fruits, milk
Choices: Turkey, ham, spicy chicken, and grilled chicken

\$2.75 Salad w/ (2) fruits and milk
Choices: Southwest, Grilled chicken and Chopped Ribbon Chef

\$3.50 Warrior entrée w/ bag of Herr's chips, (2) fruits, veggie & milk

MENU SUBJECT TO CHANGE

Assorted fruit basket may include:
Applesauce, peaches, pears, apricots, raisins, strawberries, pineapples, raisins, mixed fruit, bananas, grapes, apples and 100% fruit juice slushy



Wednesday, Sept. 5	Thursday, Sept. 6	Friday, Sept. 7
#1 Popcorn chicken w/dinner roll	#1 Corn dog nuggets	#1 Big Daddy's Pizza
#3 Warrior: 4 Meat Italian Pizza and chips	#3 Warrior: Pepperoni Pizza croissant and chips	#3 Warrior: Hot n' spicy chicken sandwich w/ chips
California blend	Peas	Corn

Monday, Sept. 10	Tuesday, Sept. 11	Wednesday, Sept. 12	Thursday, Sept. 13	Friday, Sept. 14
#1 Mac n' cheese Quesadilla	#1 Pizza stix w/dipping sauce	#1 Chicken fries w/roll	#1 Hot dog w/ sauerkraut	#1 Mickey's Pizza
#2 Ham & cheese on pretzel roll	#2 Tangerine chicken w/brown rice	#3 Warrior: Double cheeseburger w/chips	#2 Three Cheese Calzone	#3 Warrior: Buffalo Chicken sandwich (chicken tenders smothered in Boom Boom sauce w/ mozzarella cheese) and chips
#3 Warrior: Buffalo Chicken Pizza w/chips	#3 Warrior: Sriracha wing sandwich w/chips	French fries	#3 Warrior: Hot n' spicy chicken Sandwich w/chips	Roasted Veggies
Baby carrots	Green beans		Baked Beans	

Ezschoolpay allows you to:

Review transaction history– history will reveal your child’s lunch choices and how much money was spent.

Check account balances– Balances typically update within 10 minutes.

Receive low account balance alerts– Parents have the freedom to determine at what balance they want to receive email notification.

Make payments- \$ 3.00 fee

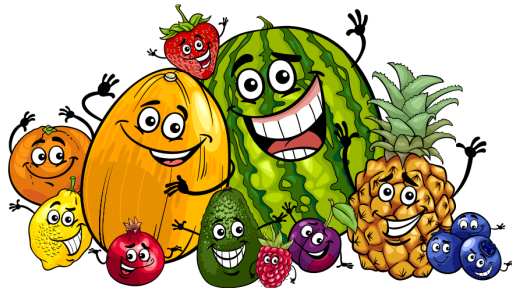
Register today-it’s easy and free! Go to www.ezschoolpay.com and click “Register” Once logged in, you can associate your children using their name and school ID number.

HAVE CONFIDENCE KNOWING YOUR CHILD HAS LUNCH MONEY EVERYDAY!



Try to eat a

RAINBOW
of different colors!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, Sept. 17	Tuesday, Sept. 18	Wednesday, Sept. 19	Thursday, Sept. 20	Friday, Sept. 21
#1 Pizza cheese crunchers	#1 Popcorn chicken w/ dinner roll	#1 Big Daddy's Pizza	#1 Chicken nuggets w/dinner roll	#1 Chicken burger on roll
#2 Corn dog nuggets				
#3 Warrior: Hot turkey, bacon & cheese on Kaiser roll w/chips	#3 Warrior: 4 Meat Italian Pizza w/ chips	#3 Warrior: Create your own burrito bowl w/bag of scoops	#3 Warrior: Pepperoni Pizza croissant w/chips	#3 Warrior: SUBWAY FRIDAY Variety of subs with bag of Herr's chips
Broccoli	Corn	Peas	Roasted California blend	Baked beans

Monday, Sept. 24	Tuesday, Sept. 25	Wednesday, Sept. 26	Thursday, Sept. 27	Friday, Sept. 28
#1 Pizza stix w/dipping sauce	#1 Mashed potato bowl w/ biscuit	#1 Chicken Fries w/roll	#1 Walking taco and dinner roll	#1 Mickey's Pizza
#2 Ham n' cheese on pretzel roll				
#3 Warrior: Buffalo Chicken Pizza and chips	#3 Warrior: Sriracha wing sandwich w/chips	#3 Warrior: Bacon Cheeseburger w/chips	#3 Warrior: Hot n' spicy chicken sandwich w/chips	#3 Warrior: Buffalo Chicken sandwich (chicken tenders smothered in Boom Boom sauce w/ mozzarella cheese) and chips
Baby carrots	Glazed carrots	Broccoli	Corn	Baked beans



This institution is an equal opportunity provider and employer.

We are pleased to provide
FREE AND REDUCED-PRICE MEALS
for all students who qualify. It's simple to apply and we accept applications all year.
Learn more at www.warwicksd.org