



WEST SALEM MIDDLE SCHOOL MENU MAY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GARDEN BAR Fresh green salad Fresh veggies/dip Fresh fruit/fruit sauce <i>Cereal offered daily at breakfast</i>	Chicken Stir Fry 1 Rice Garden Bar w.w. Bread Milk <i>Yogurt parfait, jc or fruit, milk</i>	Tater Tot Hotdish 2 Corn Garden Bar w.w. Bread <i>Omelet, toast, fruit or jc, milk</i>	Mini Corn Dogs 3 Cheesy Broccoli Garden Bar bread Milk <i>Bagel, Cheese Stick, jc, milk</i>	Fish on a Bun 4 Baked Fries Garden Bar Milk <i>Pancake on a stick, toast, milk</i>
Meatballs 7 Mashed Potatoes/Gravy Garden Bar w.w Bread Milk <i>Yogurt, toast, jc, milk</i>	Pizza 8 Green Beans Garden Bar w.w. Bread Milk <i>Pancake on a stick, , jc milk</i>	Tacos 9 Lettuce, Tomatoes, cheese Refried Beans Garden Bar Milk <i>Omelet, toast, fruit or jc, milk</i>	Chicken Nuggets 10 Potato Wedges or Baked Potato Garden Bar Bread Milk <i>Cheesy Egg on Eng Muffin, jc milk</i>	Toasted Cheese 11 Tomato Soup/Crax Garden Bar Frozen Yogurt Milk <i>Bagel, Cheese Stick, jc, milk</i>
Chicken Patty on Bun 14 Baked Potato or Baked Fries Garden Bar Milk <i>Omelet, toast jc, milk</i>	Spaghetti w/Meat sauce 15 Green Beans Garden Bar Garlic Bread Milk <i>Yogurt parfait, Gm crax, jc, milk</i>	Philly Cheese Steak Sand.16 Roasted Veggies Garden Bar Milk <i>Breakfast Pizza, fruit or juice, milk</i>	LUNCH BRUNCH 17 French Toast Omelet Warm Cinnamon Apples Garden Bar Milk <i>yogurt, toast fruit, milk</i>	Quesadilla 18 Black Bean Salsa/chips Garden Bar Milk <i>Bagel, cheese, jc, milk</i>
Cheeseburger on Bun 21 Baked Fries Garden Bar Milk <i>Scrambled Eggs, toast, jc, milk</i>	Tacos 22 Lettuce, cheese, tomatoes Corn Garden bar milk <i>French toast, sausage, jc, milk</i>	Sloppy Joe 23 Macaroni & Cheese Garden Bar Milk <i>Omelet, toast, fruit or jc, milk</i>	Chicken Patty/Bun 24 Rice Garden Bar- Milk <i>Bagel, Cheese Stick, jc, milk</i>	Hot Dog or Brat 25 Baked Chps Baked Beans Garden Bar , Milk <i>Cheesy Egg on Eng Muffin, jc milk</i>
No school 28	Pork Choppett 29 Roasted Red Potatoes Garden Bar Milk <i>Breakfast Pizza, toast, jc, milk</i>	Deli Sandwich 30 Pasta Salad Garden Bar Milk <i>Pancake on a stick, toast, jc, milk</i>	Saucy Orange Chicken 31 Seasoned Brown Rice Garden Bar w.w. Bread/Milk <i>yogurt parfait, jc or fruit, milk</i>	