

Menus for May 2019

LOGAN ROGERSVILLE MENU MIDDLE SCHOOL

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

Available Daily

BREAKFAST

WHOLE GRAIN CEREAL
TOAST
FRESH FRUIT OR 100% FRUIT JUICE
LUNCH
1% OR FAT FREE MILK VARIETY
(CHOCOLATE, STRAWBERRY, WHITE

AS AVAILABLE

LUNCH

SALAD BAR
FRESH FRUIT

Featured Specials of the Day

Wednesday, May 1

SAUSAGE & BISCUIT
WALKING TACO OR HONEY BBQ PORK RIB
REFRIED BEANS, FRUIT VARIETY

Thursday, May 2

CHICKEN & WAFFLES
CHINESE FOOD BAR OR CHICKEN SANDWICH
WILDCAT FRIES, FRUIT VARIETY.

Friday, May 3

BISCUIT & GRAVY
CHICKEN BASKET OR ULTIMATE GRILLED CHEEZE
BAKED BEANS, FRUIT VARIETY

Monday, May 6

CINNAMON TOAST CRUNCH FILLED BAR
PIZZA-CHEESE, PEPPERONI, SAUSAGE
OR
OPEN FACE TURKEY SANDWICH
COLESLAW, CINNAMON APPLESAUCE.

Tuesday, May 7

BACON & CHEESY EGGS
COUNTRY STEAK W/ ROLL OR SALISBURY STEAK
MASHED POTATOES, ROASTED GRAVY, FRUIT
VARIETY 100% 6 OZ JUICE

Wednesday, May 8

BACON BISCUIT
POPCORN CHICKEN BOWL OR FISH HOAGIE
SANDWICH
BROCCOLI & CHEESE, FRUIT VARIETY

Thursday, May 9

CHICKEN BISCUIT
CHINESE FOOD BAR OR SLOPPY JOE ON A BUN
CELERY STICKS, PEANUT BUTTER, FRUIT VARIETY

Friday, May 10

BISCUIT & GRAVY
CHICKEN BASKET OR PIZZA CRUNCHERS
CORN ON THE COB, FRUIT VARIETY

SAFETY FIRST.



Lightning can strike even if it's not raining and the skies around you are sunny! If you can hear thunder, you could be in danger, so always follow the rule, "If thunder roars, stay indoors" – and not under a tree!

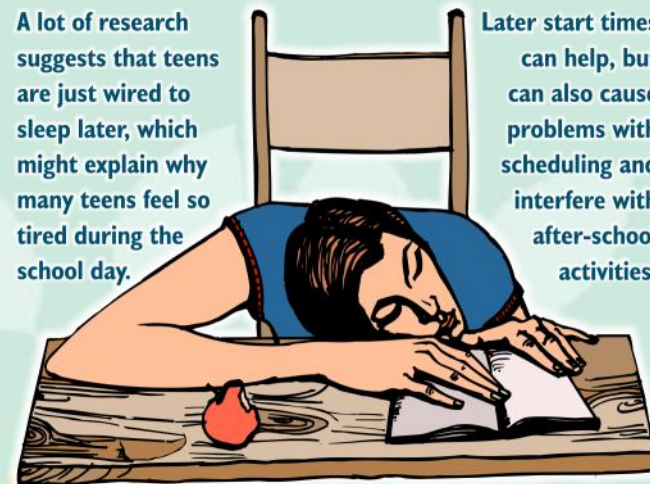
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Mother's Day is Sunday, May 12
Don't forget Mom!



A lot of research suggests that teens are just wired to sleep later, which might explain why many teens feel so tired during the school day.

Later start times can help, but can also cause problems with scheduling and interfere with after-school activities.



Featured Specials of the Day

MONDAY MAY 13

PEANUT/BUTTER/STRAWBERRY ON WHEAT
PIZZA-CHEESE, SAUS or PEPP OR HOT DOG &
BUN

OVEN FRIES, FRUIT VARIETY

TUESDAY MAY 14

SCRAMBLED EGGS & TOAST

OVEN FRIED CHICKEN & ROLL OR MEATLOAF
MASHED POTATOES, ROASTED GRAVY, FRUIT
VARIETY, 6OZ JUICE

WEDNESDAY MAY 15

SAUSAGE & BISCUIT

CHEESE NACHOS OR BONELESS WINGS
CORN, FRUIT VARIETY

THURSDAY May 16

CHICKEN & WAFFLES

CHINESE FOOD BAR OR SPICY CHICKEN
SAND

GREEN BEANS, FRUIT VARIETY

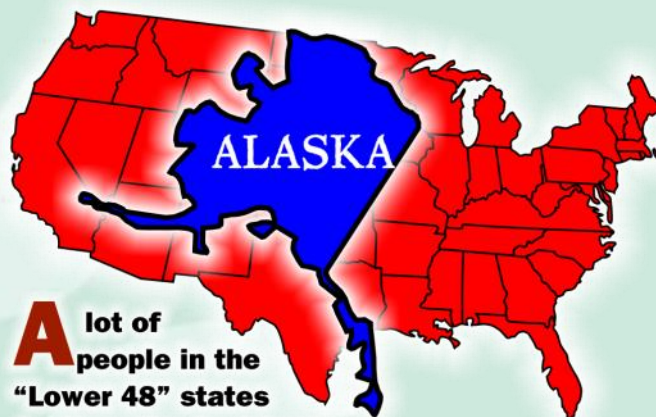
FRIDAY May 17

BISCUIT & GRAVY

CIVIL WAR DAYS

CHICKEN SANDWICH OR PIZZA BAGEL
CARROT STICKS, LAYS POTATO CHIPS,
FRUIT VARIETY, BOMB POP

**Please see the other page
for items available daily**



A lot of people in the "Lower 48" states don't realize just how gigantic the state of Alaska is! The next three biggest states combined – Texas, California, and Montana – don't equal the size of Alaska. And if you could put Alaska inside the Lower 48 states, this is about what it would look like. The smallest state, Rhode Island, could fit into Alaska 425 times!

Featured Specials of the Day

Monday, May 20

CINNAMON TOAST CRUNCH BAR
PIZZA-CHEESE, SAUS, PEPP OR BACON
CHEESEBURGER
LR COOKS CHOICE
TATOR TOTS, CINNAMON APPLE SAUCE

Tuesday, May 21

BACON & CHEESY EGGS
FRENCH TOAST W/SAUSAGE PATTY
(LOW-SODIUM)
OR PULLED PORK SANDWICH
LR COOKS CHOICE
HASHBROWN, SPICED APPLES, 6OZ FRUIT
JUICE

Wednesday, May 22

BACON BISCUIT
SACK LUNCH:
PEANUT BUTTER & STRAWBERRY ON WHEAT
OR
CORN DOG
MULTI GRAIN SUN CHIPS, CARROT STICKS,
FRUIT VARIETY
BONUS-CHOCOLATE CHIP COOKIE

Congratulations and best of luck
to all members of the

Class of 2019



We'll look forward to seeing (and serving!) the rest of you again next fall.

Thanks for your business this year!