

Intermediate School 2020-2021 Lunch & Breakfast Menu




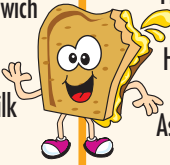



Prices
 Breakfast \$1.70 • Reduced \$0.30
 Lunch \$2.80 • Reduced \$0.40
 Extra Milk \$0.55 Adult Meals \$4.10
 Menu is subject to change without notice

Menu and variety of offerings are subject to change due to product availability or staffing shortage due to the COVID-19 pandemic.

• ALTERNATE MEAL CHOICES:
SERVED EVERYDAY: Hamburger, Cheeseburger, Chicken Patty Sandwich, Hot & Spicy Chicken Sandwich, Ham & Cheese Sub, Ham/Turkey & Cheese Sub, Turkey & Cheese Sub
MON & FRI: Cheese or Pepperoni Pizza Slice
TUES & THUR: Cheese Filled Breadstick w/Pizza Sauce, Hot Dog
WED: Soft Pretzel w/Cheese Sauce
Baked French Fries will be offered on Tues and Thurs for \$1.00 with the purchase of a meal. Fries will not be sold separately without a lunch purchase.

- For complete nutritional and allergen information download the "My School Menus" mobile app or visit www.littlemiamischools.com >> Departments >> Food Services >> Menus.
- Cash or check payments may be sent in with your student. To keep lines moving smoothly and quickly we do not give change at the register. Surplus funds will be added to the student's lunch account for future purchases.
- Online payments can be made by credit card at www.spsezpay.com/LittleMiami/login.aspx.
- Smartsnack compliant extras are available
 - Chips, Ice Cream \$0.85
 - Yogurt, Cheese Stick, Cookies, Juice Box \$0.75
 - Goldfish Crackers, Pretzel, Cheezits \$0.55
 - Fruit Snacks, Rice Krispie Treats, Bottled Water \$1.00
- Charging is allowed for meals only. Students may charge up to \$8.00. Families are responsible for negative balances. Students at the charge limit may be offered an alternate meal of a cheese sandwich, fruit, vegetable and milk.
- Please contact Rachel Tilford, Food Service Director for any life threatening allergies, special diet needs or purchase restrictions at 513-899-5130 or rtilford@lmsdoh.org.
- Free and Reduced Price Meal application is available online at <https://payschoolscentral.com>, paper copies are available in any school office.

Follow the menu with its calendar day. Each week is represented by a color and represents a 4-week cycle menu.
 This institution is an equal opportunity provider.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|---|
| BREAKFAST | Cinnamon Sugar Donut Assorted Fruit 100% Fruit Juice Choice Milk | Pancake & Sausage on a Stick Assorted Fruit 100% Fruit Juice Choice Milk | Sausage Biscuit Assorted Fruit 100% Fruit Juice Choice Milk | Cinnamon Glazed French Toast Assorted Fruit 100% Fruit Juice Choice Milk | Churros or Funnel Cakes Assorted Fruit 100% Fruit Juice Choice Milk |
| ADDITIONAL BREAKFAST OPTIONS ARE AVAILABLE DAILY. | | | | | |
| MENU #1 | Chicken Tenders Dinner Roll Mashed Potatoes Sliced Carrots Assorted Fruit/Milk  | Macaroni & Cheese Dinner Roll Broccoli Baby Carrots Assorted Fruit/Milk | Lasagna w/Ground Beef Texas Garlic Toast Seasoned Green Beans Salad Assorted Fruit/Milk | Grilled Cheese Sandwich Tomato Soup Baked Beans Assorted Fruit/Milk  | French Toast Sticks w/Sausage Hash Brown Patty Salad Assorted Fruit/Milk |
| MENU #2 | Turkey & Cheese Wrap Seasoned Corn Carrot Slices Assorted Fruit/Milk | Spaghetti & Meat Sauce Texas Garlic Toast Broccoli Salad Assorted Fruit/Milk | Popcorn Chicken Dinner Roll Scalloped Potatoes Seasoned Green Beans Assorted Fruit/Milk | Chili Cheese Coney Dog Cauliflower Florets Side Salad Assorted Fruit/Milk | Doritos Walking Taco Refried Beans Shredded Lettuce Salsa, Sour Cream Assorted Fruit/Milk |
| MENU #3 | Meal Lovers Stromboli Broccoli Seasoned Corn Assorted Fruit/Milk  | Taco Mac w/ Bread Slice Salad Seasoned Green Beans Assorted Fruit/Milk | Hash Brown Stacker w/Cheese & Eggs Biscuit Carrot Slices Assorted Fruit/Milk  | Chicken Nuggets Dinner Roll Coleslaw Broccoli Salad Assorted Fruit/Milk | Chicken OR Beef Burrito Refried Beans/Rice Seasoned Corn Salsa, Shredded Lettuce, Diced Tomatoes, Sour Cream Assorted Fruit/Milk |
| MENU #4 | Tangerine Chicken Broccoli Side Salad Rice Assorted Fruit/Milk Chicken Egg Roll \$1 extra  | Mini Cheese Ravioli Texas Garlic Toast Seasoned Green Beans Cauliflower Florets Assorted Fruit/Milk | Beef & Cheese Taco Salad w/ Salsa, Shredded Lettuce & Sour Cream Refried Beans & Rice Assorted Fruit/Milk | Pepperoni Calzone w/Pizza Sauce Sweet Potato Casserole Broccoli Assorted Fruit/Milk | Cincinnati Chili 4-Way Carrot Slices Seasoned Corn Assorted Fruit/Milk |

| AUGUST 2020 | SEPTEMBER 2020 | OCTOBER 2020 | NOVEMBER 2020 | DECEMBER 2020 | JANUARY 2021 | FEBRUARY 2021 | MARCH 2021 | APRIL 2021 | MAY 2021 |
|----------------------|----------------------|----------------------|----------------------|----------------------|-------------------------|----------------------|----------------------|----------------------|----------------------|
| S M T W T F S | S M T W T F S | S M T W T F S | S M T W T F S | S M T W T F S | S M T W T F S | S M T W T F S | S M T W T F S | S M T W T F S | S M T W T F S |
| 2 3 4 5 6 7 8 | 1 2 3 4 5 | 1 2 3 | 1 2 3 4 5 6 7 | 1 2 3 4 5 | 1 2 | 1 2 3 4 5 6 | 1 2 3 4 5 6 | 1 2 3 | 2 3 4 5 6 7 8 |
| 9 10 11 12 13 14 15 | 6 7 8 9 10 11 12 | 4 5 6 7 8 9 10 | 8 9 10 11 12 13 14 | 6 7 8 9 10 11 12 | 3 4 5 6 7 8 9 | 7 8 9 10 11 12 13 | 7 8 9 10 11 12 13 | 4 5 6 7 8 9 10 | 9 10 11 12 13 14 15 |
| 16 17 18 19 20 21 22 | 13 14 15 16 17 18 19 | 11 12 13 14 15 16 17 | 15 16 17 18 19 20 21 | 13 14 15 16 17 18 19 | 10 11 12 13 14 15 16 | 14 15 16 17 18 19 20 | 14 15 16 17 18 19 20 | 11 12 13 14 15 16 17 | 16 17 18 19 20 21 22 |
| 23 24 25 26 27 28 29 | 20 21 22 23 24 25 26 | 18 19 20 21 22 23 24 | 22 23 24 25 26 27 28 | 20 21 22 23 24 25 26 | 17 18 19 20 21 22 23 | 21 22 23 24 25 26 27 | 21 22 23 24 25 26 27 | 18 19 20 21 22 23 24 | 23 24 25 26 27 28 29 |
| 30 31 | 27 28 29 30 | 25 26 27 28 29 30 31 | 29 30 | 27 28 29 30 31 | 24 25 26 27 28 29 30 31 | 28 | 28 29 30 31 | 25 26 27 28 29 30 | 30 31 |