

September 2017

Berlin Middle/High School

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know...

The name September comes from the Latin septem for seven, since this was the seventh month of the Roman calendar.

School Lunch Applications available on-line at www.berlincentral.org

SERVED WITH ALL MEALS:
Fresh or Canned Fruits and Vegetables
Tossed Salad
Skim or 1% White or Chocolate Milk.

Remember, you must take at least one fruit or veggie and at least three items total so that your meal counts as a complete breakfast or lunch!

A la carte

Assorted fruits and vegetables available for both meals.
Breakfast: Toast, Cereal, Yogurt
Lunch: Chef Salads, Yogurt Parfaits, Sandwiches or Wraps

School News

MEAL PRICING FOR 17/18
Breakfast \$1.50
Lunch \$2.45
Milk \$.60

Myschoolbucks.com

For your convenience and peace of mind, you can pay for meals online at:

www.myschoolbucks.com

Pay \$20 on account (that is in good standing) and receive a free meal.

For more information, please visit

www.berlincentral.org



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BREAKFAST
Whole Grain Doughnut

LUNCH
Grab N' Go Sandwiches

5

BREAKFAST
Strawberry Strudel

LUNCH
Chicken Nuggets

6

BREAKFAST
Pancake Stix

LUNCH
Hamburger or Cheeseburger

7

BREAKFAST
Bagel

LUNCH
Pizza

8

11

BREAKFAST
French Toast Sticks

LUNCH
BBQ Chicken Patty

12

BREAKFAST
Sausage, Egg & Cheese Breakfast Sandwich

LUNCH
Turkey Shepherd's Pie

13

BREAKFAST
Bagel

LUNCH
Hot Dog w/ Fixings

14

BREAKFAST
Breakfast Bar

LUNCH
Mozzarella Sticks w/ Marinara

15

BREAKFAST
Tater Tog Egg Bake

LUNCH
Pizza or Buffalo Crunchers

18

BREAKFAST
Strudel

LUNCH
General Tso Chicken

19

BREAKFAST
Breakfast Pizza

LUNCH
Taco

20

BREAKFAST
Cinnamon Rolls

LUNCH
Pasta Bake

21

BREAKFAST
Pancakes

LUNCH
Grilled Cheese & Soup

22

BREAKFAST
Assorted Muffins

LUNCH
Pizza

25

BREAKFAST
Waffles

LUNCH
Pulled Pork Sandwich

26

BREAKFAST
Bagel

LUNCH
Tater Tot Nachos

27

BREAKFAST
Whole Grain Doughnut

LUNCH
Turkey Dinner w/ Fixings

28

BREAKFAST
Meat, Egg & Cheese Breakfast Sandwich

LUNCH
Macaroni & Cheese

29

BREAKFAST
Yogurt Parfait

LUNCH
Pizza