

JUNIOR HIGH MENU

AUGUST and SEPTEMBER

2019

BREAKFAST: Student: \$1.25 • Reduced: \$0.30 • Adult: A la Carte **LUNCH:** Student: \$3.15 • Reduced: \$0.40 • Adult: \$3.75

BREAKFAST: Includes choice of milk.

LUNCH: Includes entree, vegetable and/ or fruit and choice of milk.

<p>19 BREAKFAST Dutch Waffle & Sausage Patty OR Yogurt Cup & Grahams Craisins, Fruit Juice</p> <p>LUNCH Chicken Alfredo w/Garlic Roll OR Fiestada Pizza OR H/S Chicken Sandwich OR Strawberry Yogurt Parfait OR Italian Sub Sandwich Green Beans Bahama Veg Blend Garden Salad Seasonal Fruit Fruit Juice</p>	<p>20 BREAKFAST Breakfast Pizza OR PopTart & Cereal On the Go Raisels, Fruit Juice</p> <p>LUNCH Hamburger/ Cheeseburger OR Macaroni & Cheese w/Roll OR Chicken Caesar Salad w/Roll OR Pepperoni Pizza/ Cheese Pizza OR Buffalo Chicken Wrap California Blend French Fries Seasonal Fruit Fruit Juice</p>	<p>21 BREAKFAST Cinnamon Roll & String Cheese OR Baked Muffin Craisins, Fruit Juice</p> <p>LUNCH Chicken Tenders OR Chicken Fried Steak OR Chef Salad w/Turkey & Ham Wheat Roll OR Crispy Chicken Sandwich OR Blueberry Yogurt Parfait Mashed Potatoes w/Gravy Ranchero Beans Baby Carrots Seasonal Fruit, Fruit Juice</p>	<p>22 BREAKFAST Sausage Rolls OR Confetti Pancakes Raisels, Fruit Juice</p> <p>LUNCH Spaghetti w/Meat Sauce OR Crispy Chicken Salad OR Fish Nuggets Wheat Roll OR Hamburger/ Cheeseburger OR Turkey Club Sandwich Corn, Cucumber Wheels Sweet Potato Fries Pineapple w/Kiwi Fruit Juice</p>	<p>23 BREAKFAST *Eggstravangza w/ Biscuit & Gravy OR Choc/ Filled Crescent Craisins, Fruit Juice</p> <p>LUNCH Pepperoni Pizza / Cheese Pizza OR Fiesta Salad OR Grilled Cheese Sandwich OR Chicken Fajita Wrap OR Fruit & Cheese Plate Steamed Broccoli Tater Bucks Mandarin Oranges Fruit Juice</p>
<p>26 BREAKFAST Breakfast on a Stick OR Pop Tart & Cereal On the Go Craisins, Fruit Juice</p> <p>LUNCH Beef/Cheese Nachos OR Breaded Drumstick w/Texas Toast OR H/S Chicken Sandwich OR Blueberry Yogurt Parfait OR Turkey/Cheese Wrap California Blend Refried Beans Chili Lime Cucumbers Seasonal Fruit Fruit Juice</p>	<p>27 BREAKFAST Waffles w/ Strawberries & Cream OR Mini Cinnis Raisels, Fruit Juice</p> <p>LUNCH Hamburger/ Cheeseburger OR Chili Frito Pie OR Pepperoni Pizza OR Mand.Org. Yogurt Parfait OR Buffalo Chicken Salad w/Roll French Fries Bean/Carrot Medley Seasonal Fruit Fruit Juice</p>	<p>28 BREAKFAST Glazed Donut & String Cheese OR Yogurt & Grahams Craisins, Fruit Juice</p> <p>LUNCH Chicken Nuggets OR Steak Fingers OR Chef Salad w/Turkey & Ham Wheat Roll OR Crispy Chicken Sandwich OR Italian Sub Sandwich Mashed Potatoes w/Cream Gravy Pacific Veg Blend Sliced Peaches Fruit Juice</p>	<p>29 BREAKFAST Pancakes & Scrambled Eggs OR Bagel w/Cream Cheese Raisels, Fruit Juice</p> <p>LUNCH Beef Lasagna OR Loaded Baked Potato OR Breaded Chicken Wheat Roll OR Chicken Caesar Wrap OR Strawberry Yogurt Parfait Steamed Broccoli Bahama Veg Blend Tossed Salad Seasonal Fruit Fruit Juice</p>	<p>30 BREAKFAST Sausage & Biscuit w/Cream Gravy OR French Toast Minis Craisins, Fruit Juice</p> <p>LUNCH Pepperoni Pizza/ Cheese Pizza OR Tangerine Chicken w/Teriyaki Rice & Roll OR Chicken Fajita Salad w/Roll OR Hamburger / Cheeseburger OR Turkey Club Wrap Corn, Green Beans Celery Sticks Sliced Peas, Fruit Juice</p>

SEPTEMBER MENU

<p>2</p> <p style="text-align: center; font-size: 2em;">No School/ Student Holiday</p> <p style="text-align: center;">*Contains Pork Menu Subject to change</p>	<p>3 BREAKFAST Breakfast Pizza OR Confetti Pancakes Craisins, Fruit Juice</p> <p>LUNCH Mini Corndog w/ Macaroni & Cheese OR Breaded Chicken w/Roll OR H/S Chicken Sandwich OR Blueberry Yogurt Parfait OR Chicken Caesar Salad w/ Wheat Roll Sweet Potato Fries Green Beans Applesauce Fruit Juice</p>	<p>4 BREAKFAST Cinnamon Roll & String Cheese OR Cocoa Puffs Filled Pastry Craisins, Fruit Juice</p> <p>LUNCH Chicken Tenders OR Fish Nuggets OR Chef Salad w/Turkey & Ham Wheat Roll OR Buffalo Crunchers OR Fruit & Cheese Plate Mashed Potatoes Spring Veg Blend Seasonal Fruit Fruit Juice</p>	<p>5 BREAKFAST Sausage Rolls OR PopTart & Cereal on the Go Raisels, Fruit Juice</p> <p>LUNCH Taco Snack w/Cheese Dip OR Philly Beef/Cheese Pinwheel Sandwich OR *Mega Meat Pizza/ Cheese Pizza OR Crispy Chicken Salad w/Wheat Roll OR Turkey Club Wrap Corn, French Fries Seasonal Fruit Fruit Juice</p>	<p>6 BREAKFAST Chicken & Waffles OR Bagel Filled w/Cream Cheese Craisins, Fruit Juice</p> <p>LUNCH Pepperoni Pizza/ Cheese Pizza OR Tangerine Chicken w/ Fried Rice & Roll OR Crispy Chicken Sandwich OR Ham/Cheese Sub OR Strawberry Yogurt Parfait Steamed Broccoli Bean/Carrot Medley Seasonal Fruit Fruit Juice</p>
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<p>9 Breakfast Breakfast on a Stick OR Choc. Filled Crescent Craisins, Fruit Juice Lunch Fish Sticks w/ Hushpuppies OR Fiesta Pizza OR Crispy Chicken Sandwich OR Strawberry Yogurt Parfait OR Tukey/Ham/Cheese Sub Fresh Broccoli Florets Sidewinder Fries Peach Cup Fruit Juice</p>	<p>10 Breakfast Waffles w/ Strawberries & Cream OR Yogurt & Grahams Raisels, Fruit Juice Lunch Hamburger/ Cheeseburger OR Chili Frito Pie w/Roll OR Buffalo Pizza/ Cheese Pizza OR Crispy Chicken Salad w/Roll OR Chicken Fajita Wrap French Fries Mixed Vegetables Seasonal Fruit, Fruit Juice</p>	<p>11 Breakfast Glazed Donut & String Cheese OR Mini Maple Pancakes Craisins, Fruit Juice Lunch Breaded Drumstick OR Steak Fingers OR Chicken Caesar Salad Wheat Roll OR *Mega Meat Pizza/ Cheese Pizza OR Man. Org. Yogurt Parfait Mashed Potatoes w/Gravy Sugar Snap Peas Seasonal Fruit, Fruit Juice</p>	<p>12 Breakfast French Toast Bites OR Yogurt & Grahams Raisels, Fruit Juice Lunch Spaghetti w/Meat Sauce & Garlic Knot Roll OR Grilled Cheese Sandwich OR Pizza Crunchers OR H/S Chicken Sandwich OR Blueberry Yogurt Parfait OR Turkey Club Wrap Garden Salad Green Beans, Fries Seasonal Fruit, Fruit Juice</p>
<p>16 Breakfast Breakfast Pizza OR Cin. Toast Filled Pastry Craisins, Fruit Juice Lunch Beef/Cheese Nachos OR Breaded Chicken w/Roll OR H/S Chicken Sandwich OR Fruit & Cheese Plate OR Chicken Fajita Salad w/Roll Refried Beans California Blend Seasonal Fruit Fruit Juice</p>	<p>17 Breakfast Chicken & Biscuit OR Pop Tart & Cereal on the Go Raisels, Fruit Juice Lunch Hamburger/Cheeseburger OR Brd Mozzarella Sticks w/ Marinara Dip OR Pepperoni Pizza/ Cheese Pizza OR Buffalo Chicken Wrap OR Chef Salad w/Ham & Turkey w/ Wheat Roll Fries, Baby Carrots Seasonal Fruit, Fruit Juice</p>	<p>18 Breakfast Pancakes & Sausage OR Choc. Filled Crescent Craisins, Fruit Juice Lunch Popcorn Chicken OR Chicken Fried Steak OR Buffalo Chicken Salad Wheat Roll OR *Mega Meat Pizza/ Cheese Pizza OR Strawberry Yogurt Parfait Mashed Potatoes w/Gravy Tossed Salad Seasonal Fruit, Fruit Juice</p>	<p>19 Breakfast Dutch Waffle OR Baked Muffin Raisels, Fruit Juice Lunch Chicken Alfredo OR Crispy Chicken Salad Wheat Roll OR Chili Cheese Hot Dog OR Hamburger/ Cheeseburger OR Chicken Caesar Wrap Steamed Broccoli, Fries Seasonal Fruit, Fruit Juice</p>
<p>23 Breakfast Brkft. Pizza Bagels OR Mini Maple Waffles Craisins, Fruit Juice Lunch Sweet & Sour Chicken w/ Fried Rice and Roll OR Cheese Bites w/ Marinara Dip OR H/S Chicken Sandwich OR Chef Salad w/Turkey & Ham and Wheat Roll OR Blueberry Yogurt Parfait French Fries Green Beans Baby Carrots Seasonal Fruit, Fruit Juice</p>	<p>24 Breakfast Sausage Rolls OR Pop Tart & Cereal on the Go Raisels, Fruit Juice Lunch Hamburger Cheeseburger OR Chicken Spaghetti w/Wheat Roll OR Pepperoni Pizza Cheese Pizza OR Buffalo Chicken Salad w/wheat Roll OR Italian Sub Sandwich French Fries Sugar Snap Peas Seasonal Fruit, Fruit Juice</p>	<p>25 Breakfast Waffles w/ Strawberries & Cream OR Mini Cinnis Craisins, Fruit Juice Lunch Mega Minis Chicken OR Steak Fingers OR Crispy Chicken Salad Wheat Roll OR Fiesta Pizza OR Turkey/Cheese Wrap Mashed Potatoes w/Gravy Mixed Vegetables Celery Sticks Seasonal Fruit Fruit Juice</p>	<p>26 Breakfast Glazed Donut & String Cheese OR Yogurt & Grahams Raisels, Fruit Juice Lunch Beef Lasagna OR Chicken Tenders Wheat Roll OR Hamburger/ Cheeseburger OR Strawberry Yogurt Parfait OR Chicken Caesar Wrap French Fries Whole Kernel Corn Garden Salad Seasonal Fruit, Fruit Juice</p>
<p>13 Breakfast Sausage & Biscuit w/Gravy OR Confetti Pancakes Craisins, Fruit Juice Lunch Pepperoni Pizza/ Cheese Pizza OR Cheese Enchiladas w/ Mexican Rice OR BBQ Beef Sandwich OR Buffalo Chicken Salad w/Roll OR Italian Sub Sandwich Ranch Beans, Corn Cucumber Chili Salad Seasonal Fruit, Fruit Juice</p>	<p>20 Breakfast Cinnamon Roll & String Cheese OR Confetti Pancakes Craisins, Fruit Juice Lunch Pepperoni Rippers Garlic Cheese Rippers OR Fiesta Salad OR Crispy Chicken Sandwich OR Mand. Orange Yogurt Parfait OR Turkey Club Sandwich Green Beans Whole Kernel Corn Peaches, Fruit Juice</p>	<p>27 Breakfast French Toast Sticks & Scrambled Eggs OR Cocoa Puffs Filled Pastry Craisins, Fruit Juice Lunch *Mega Meat Pizza/ Cheese Pizza OR Beef/Cheese Nachos OR Crispy Chicken Sandwich OR Fruit & Cheese Plate OR Turkey Club Sandwich California Veg Blend Ranch Style Beans Seasonal Fruit Fruit Juice</p>	



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