



JUNIOR HIGH MENU

SEPTEMBER
2021

BREAKFAST: Student Free • Adult: a la Carte **LUNCH:** Student Free • Adult: \$4.00

BREAKFAST: Includes choice milk. **LUNCH:** Includes entrée, vegetable and/or fruit & choice of milk.

<p>13 BREAKFAST Breakfast Pizza OR PopTart Cereal Craisins, Fruit Juice LUNCH Swt/Sour Chicken w/ Seas. Rice & Roll OR H/S Chicken Sandwich OR Strawberry Yogurt Parfait Sidewinder Fries California Blend Fresh Veg. of the Day Fruit Cup, Fruit Juice</p>	<p>14 BREAKFAST Chicken-n-Waffles OR Toast & Cereal Raisels, Fruit Juice LUNCH Hamburger/ Cheeseburger OR Breaded Mozzarella Sticks w/ Marinara OR Buffalo Chicken Salad w/ Roll French Fries, Corn Fresh Veg. of the Day Seasonal Fruit, Fruit Juice</p>	<p>15 BREAKFAST Cinnamon Roll & String Cheese OR PopTart & Cereal Craisins, Fruit Juice LUNCH Chicken Tenders OR Chicken Fried Steak Wheat Roll OR Caesar Chicken Wrap Mashed Potatoes w/Cream Gravy Ranch Beans Fresh Veg. of the Day Fruit Cup, Fruit Juice</p>	<p>16 BREAKFAST Mini Pancakes OR Toast & Cereal Raisels, Fruit Juice LUNCH Chili Frito Pie w/ Roll OR Crispy Chicken Sandwich OR Blueberry Yogurt Parfait Tater Tots Corn on the Cob Fresh Veg. of the Day Fruit Cocktail, Fruit Juice</p>	<p>17 BREAKFAST Glazed French Toast Bites OR PopTart & Cereal Craisins, Fruit Juice LUNCH *4 Meat Pizza/ Cheese Pizza OR Shrimp/Fish Basket w/Hushpuppies OR Ham & Swiss Sub Sidewinder Fries Steamed Broccoli Fresh Veg. of the Day Pear Cup, Fruit Juice</p>
<p>20 BREAKFAST Mini Waffles OR PopTart & Cereal Craisins, Fruit Juice LUNCH Beef & Cheese Nachos OR H/S Chicken Sandwich OR Fruit /Cheese Plate Refried Beans French Fries Fresh Veg. of the Day Fruit Cup, Fruit Juice</p>	<p>21 BREAKFAST Biscuit w/ Scr. Eggs OR Toast & Cereal Raisels, Fruit Juice LUNCH Hamburger/ Cheeseburger OR Mango/Habanero Chicken w/ Wheat Roll OR Strawberry Yogurt Parfait French Fries, Broccoli Fresh Veg. of the Day Peach Cup, Fruit Juice</p>	<p>22 BREAKFAST Dutch Waffle & Sausage Patty OR PopTart & Cereal Craisins, Fruit Juice LUNCH Chicken Nuggets w/ Roll OR Steak Fingers w/ Roll OR Italian Sub Sandwich Mashed Potatoes w/Cream Gravy Peas & Carrots Fresh Veg. of the Day Seas. Fruit , Fruit Juice</p>	<p>23 BREAKFAST Glazed Donut & String Cheese OR Toast & Cereal Raisels, Fruit Juice LUNCH Beef Lasagna w/ Roll OR Crispy Chicken Sand. OR BBerry Yogurt Parfait Green Beans California Blend Fresh Veg. of the Day Applesauce, Fruit Juice</p>	<p>24 BREAKFAST Chocolate Filled Crescent OR PopTart & Cereal Craisins, Fruit Juice LUNCH Pepperoni Pizza / Cheese Pizza OR Cheese Trazzini w/ Wheat Roll OR Buffalo Chicken Wrap French Fries, Corn Fresh Veg. of the Day Pear Cup, Fruit Juice</p>
<p>27 BREAKFAST Breakfast Pizza OR PopTart & Cereal Craisins, Fruit Juice LUNCH Chicken Alfredo w/ Wheat Roll OR H/S Chicken Sandwich OR Strawberry Yogurt Parfait Steamed Broccoli French Fries Fresh Veg. of the Day Seasonal Fruit Fruit Juice</p>	<p>28 BREAKFAST Cinnamon Roll & String Cheese OR Toast & Cereal Raisels, Fruit Juice LUNCH Hamburger/ Cheeseburger OR Pepperoni Pizza/ Cheese Pizza OR Crispy Chicken Salad w/ Wheat Roll Fries, Green Beans Fresh Veg. of the Day Seas. Fruit , Fruit Juice</p>	<p>29 BREAKFAST Pancakes/Sausage OR PopTart & Cereal Craisins, Fruit Juice LUNCH Chicken Tenders OR Chicken Fried Steak Wheat Roll OR *Turkey Club Sandwich OR Mand. Org. Yog. Parfait Mashed Potatoes w/Cream Gravy Peas & Carrots Fresh Veg. of the Day Seas. Fruit , Fruit Juice</p>	<p>30 BREAKFAST Bagel filled with Strawberry Crm Cheese OR Toast & Cereal Raisels, Fruit Juice LUNCH Swt. Red Chili Chicken w/ Wheat Roll OR Bean/Cheese Burrito OR Turkey/Ham/Cheese Sub Sandwich Sidewinder Fries, Corn Fresh Veg. of the Day Pineapple, Fruit Juice</p>	<p>1 BREAKFAST Chicken-n-Waffles OR Toast & Cereal Craisins, Fruit Juice LUNCH Pepperoni Pizza / Cheese Pizza OR Crispy Brd. Drumstick w/ Wheat Roll OR BBerry Yogurt Parfait French Fries California Blend Fresh Veg. of the Day Peach Cup, Fruit Juice</p>

*Contains Pork

• Variety fresh fruit served daily

• Menu Subject to change due to product availability



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