

August/September- Text Menu

Junior High Lunch Menu

Monday	26	Hot Ham and Cheese on a Pretzel Roll, Steamed Corn, Baby Carrots
Tuesday	27	Loaded Nachos, Baked Beans, Cherry Tomatoes
Wednesday	28	Hot Turkey, Bacon and Swiss on a Croissant, French Fries, Steamed Peas
Thursday	29	General Tso's Chicken over Rice, Steamed Broccoli, Red Pepper Strips
Friday	30	Cheese Pizza Sticks with Sauce, Green Beans, Italian Salad
Monday	2	NO SCHOOL – LABOR DAY
Tuesday	3	French Toast Sticks with Sausage, Tater Tots, Cucumber Slices
Wednesday	4	Rodeo Burger, Baked Beans, Steamed Corn
Thursday	5	Baked Chicken Parmesan with Pasta, Steamed Carrots, Italian Salad
Friday	6	Cheese or Pepperoni Pizza, Steamed Broccoli, Red Pepper Strips
Monday	9	Hot Ham and Cheese on a Pretzel Roll, Green Beans, Caesar Salad
Tuesday	10	Soft Taco, Baked Beans, Baby Carrots
Wednesday	11	Chicken Alfredo over Pasta, Steamed Peas, Red Pepper Strips
Thursday	12	Chicken and Mashed Potatoes with Dinner Roll, Mashed Potatoes, Steamed Corn
Friday	13	Cheese Pizza Sticks with Sauce, Steamed Carrots, Italian Salad
Monday	16	Hot Turkey, Bacon and Swiss on a Croissant, Green Beans, Baby Carrots
Tuesday	17	Loaded Nachos, Cheesy Refried Beans, Steamed Corn
Wednesday	18	Buffalo Chicken Wrap, French Fries, Celery Sticks
Thursday	19	General Tso's Chicken over Rice, Steamed Broccoli, Red Pepper Strips
Friday	20	NO SCHOOL – IN SERVICE
Monday	23	Cheese Steak Hoagie, Steamed Corn, Baby Carrots
Tuesday	24	Walking Taco, Mexican Rice, Baked Beans, Red Pepper Strips
Wednesday	25	Rodeo Chicken Sandwich, French Fries, Green Beans
Thursday	26	Pasta with Meat Sauce and a Breadstick, Steamed Carrots, Caesar Salad
Friday	27	Cheese Pizza Sticks with Sauce, Steamed Peas, Italian Salad

All meals come with Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit and Choice of Milk

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What makes a complete meal? You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

Components: Meat or meat alternate, Choice of Vegetable, Choice of Fruit, Grain/Bread, Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry

Daily Fruit Selections May Include: oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Other Daily Features: Hamburger, Cheese Burger, Steak and Cheese, Chicken Patty on a Bun, Spicy Chicken Patty on a Bun, Chicken Nuggets with Pretzel Stick, BBQ Pork Sandwiches

Grill Options May include: Hamburger, Cheeseburger, Chicken Patty, Spicy Chicken Patty, Chicken Nuggets and Grilled Cheese

Deli Selections May Include: Turkey, Ham, Buffalo Chicken on Wraps, Hoagies, or Flatbreads

Pizza Selections May Include: Cheese, Pepperoni, Buffalo Chicken Pizza, and Stuffed Crust

Fresh Salads May Include: Chicken Caesar, Garden, Spicy Chicken, Popcorn Chicken Salads

Lunch Prices: Student \$2.05. Reduced \$0.40. Adult \$3.05.

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