

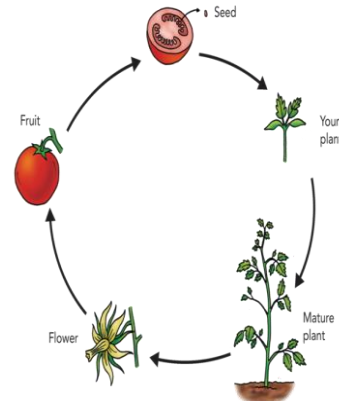



September 2019 Jr/Sr High Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>WELCOME BACK TO SCHOOL!</p> 	<p>3 Breakfast Banana Bread or Cereal</p> <p>PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Corn Dog Baked Beans</p>	<p>4 Breakfast Combo Bar or Cereal with Toast</p> <p>PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Hot Beef on a Bun Baked Chips</p>	<p>5 Breakfast Fruit/Yog Parfait or Cereal w/Giant Goldfish Grahams</p> <p>PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Hot Dog on a Bun Marcaroni and Cheese</p>	<p>6 Breakfast Strawberry Blast Pancakes or Cereal w/Cheese Stick</p> <p>PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Cheese Burger on a Bun Seasoned Wedges</p>
<p>9 Breakfast Breakfast Burrito or Cereal</p> <p>PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Teriyaki Chicken Seasoned Rice Stir Fry Vegetables Fortune Cookie</p>	<p>10 Breakfast English Muffin with Peanut Butter or Cereal w/Yogurt Cup</p> <p>PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Texas BBQ Pork on a Bun Baked French Fries</p>	<p>11 Breakfast Oatmeal or Cereal with Toast</p> <p>PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Turkey Gravy Mashed Potatoes Bread and Butter</p>	<p>12 Breakfast Blueberry Muffin or Cereal w/Cheese Stick</p> <p>PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Soft Shell Tacos Tortilla Chips Cuban Black Bean Dip</p>	<p>13 Breakfast Pancake on a Stick or Cereal with Toast</p> <p>PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Chicken Nuggets Fresh Baked Pretzel Cheddar Cheese Sauce</p>
<p>16 Breakfast Frosted Cinnamon Roll or Cereal w/Cheese Stick</p> <p>PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Marinara Pasta Sauce Spiral Pasta Garlic Toast</p>	<p>17 Breakfast Combo Bar or Cereal with Toast</p> <p>PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Meatballs with Gravy Mashed Potatoes Bread and Butter</p>	<p>18 Breakfast Breakfast Pizza or Cereal with Toast</p> <p>PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Breaded Pork Patti Stuffing Dinner Roll and Butter</p>	<p>19 Breakfast Zucchini Bread or Cereal</p> <p>PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Beef Street Burrito Tortilla Chips Queso Cheese Sauce</p>	<p>20 Breakfast Breakfast Sandwich or Cereal with Toast</p> <p>PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Chicken Ala King Over Biscuit Hot Vegetable</p>

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Monday	Tuesday	Wednesday	Thursday	Friday
23 Breakfast Biscuit w/Sausage Gravy or Cereal with Toast PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Ling's Mandarin Orange Chicken/Low Mein Noodles Stir Fry Vegetables	24 Breakfast Cinnamon Sugar Bites or Cereal w/Cheese Stick PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Chicken Strips and Waffles Green Beans	25 Breakfast Waffles or Cereal PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Breaded Chicken Patti on a Bun Seasoned Twister Fries	26 Breakfast Fruit/Yog Parfait or Cereal w/Giant Goldfish Grahams PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Crispito Tortilla Chips Black Bean Salsa	27 Breakfast Pancake on a Stick or Cereal with Toast PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Cheeseburger Macaroni Casserole Broccoli and Bread
30 Breakfast Frosted Cinnamon Roll or Cereal w/Yog Cup PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Meatball Sub Marinara Sauce Onion Rings	October 1 Breakfast English Muffin Sausage Patti Sandwich or Cereal PIZZA LINE SUB SANDWICH LINE HOME COOKING LINE Cheese Burger on a Bun Baked Beans Steamed Corn			Harvest of the Month Tomatoes Tomatoes are really good for you. There are many ways to enjoy them fresh on sandwiches, on your pasta, in soups or just pop those grape or cherry tomatoes for a snack. Sweet and Juicy! Try making fresh salsa or pico de gallo both are easy!
MILK CHOICES CHOCOLATE SKIM WHITE 1 % WHITE SKIM	GARDEN BAR VEGETABLES CRISP ROMAINE EVERY DAY, CARROTS, CUCUMBER SLICES, CHERRY TOMATOES, SNAP PEAS, CAULIFLOWER, RADISHES, JICAMA, BROCCOLI AND RED/GREEN PEPPERS	GARDEN BAR FRUIT FRESH & CANNED & FROZEN APPLE SLICES, ORANGE WEDGES, GRAPES, PEARS, STRAWBERRIES, BLUEBERRIES, PEACHES, MANDARIN ORANGES, PINEAPPLE, AND APPLESAUCE.	Jackson in Action  www.jacksoninaction.org	