

Junior High Menu 2011

August / September

<p>22</p> <p>Breakfast Chicken Biscuit or Cereal & Toast</p> <p>Lunch Chicken Alfredo Wheat Roll or Hot Piccolo Italian Sub or Hot n' Spicy Chicken Sandwich Mixed Vegetables Steamed Broccoli Rosy Pears or Fruit Juice</p>	<p>23</p> <p>Breakfast Breakfast on a Stick or Cereal & Cinnamon Toast Pink Grapefruit or Fruit Juice</p> <p>Lunch Soft Tacos or Hamburger/Cheeseburger or Turkey & Cheese Deli Sandwich Refried Beans Sandwich Fixins Oven Fries Plum or Fruit Juice</p>	<p>24</p> <p>Breakfast Egg, Ham & Cheese Biscuit or Cereal & Toast</p> <p>Lunch Chef Salad w/Popcorn Chicken Whole Wheat Crackers or Breaded Chicken Sandwich or Cheese/Pepperoni Pan Pizza Harvest Fries Whole Kernel Corn Fresh Orange or Fruit Juice</p>	<p>25</p> <p>Breakfast Pancakes &*Little Smokies or Cereal & Cinnamon Toast Cantaloupe or Fruit Juice</p> <p>Lunch Lasagna or Chicken Nuggets or Hot n' Spicy Chicken Sandwich Texas Toast Green Beans Baby Carrots w/Ranch Fresh Apple or Fruit Juice</p>	<p>26</p> <p>Breakfast Sausage Biscuit or Cereal & Toast</p> <p>Lunch Bean Burrito or Cheese/*Pepperoni Pizza or Ham & Cheese Deli Sandwich Glazed Carrots Sugar Snap Peas Pineapple Tidbits or Fruit Juice</p>
<p>29</p> <p>Breakfast *Sausage Roll & String Cheese or Cereal & Toast</p> <p>Lunch Chicken Fried Steak or Chicken Nuggets or Hot n' Spicy Chicken Sandwich Biscuit Oven Fries Sonoma Blend Vegetables Mashed Potatoes Apricots or Fruit Juice</p>	<p>30</p> <p>Breakfast Waffle Sticks &*Little Smokies or Cereal & Cinnamon Toast Applesauce or Fruit Juice</p> <p>Lunch Macaroni & Cheese w/*Little Smokies Wheat Roll or Hamburger/Cheeseburger or Turkey & Cheese Deli Sandwich Sandwich Fixins Harvest Fries Fresh Apple or Fruit Juice</p>	<p>31</p> <p>Breakfast Scrambled Eggs w/ Cheese w/Cinnamon Pastry or Cereal & Toast</p> <p>Lunch Orange Chicken or Steak Fingers Wheat Roll or Cheese/Pepperoni Pan Pizza or Brown Rice Winter Blend Vegetables Glazed Carrots Watermelon or Fruit Juice</p>	<p>1</p> <p>Breakfast Egg & Sausage Biscuit or Cereal & Cinnamon Toast Pink Grapefruit or Fruit Juice</p> <p>Lunch *Pepperoni Calzone or Comdog or Hot n' Spicy Chicken Sandwich Tossed Salad Green Beans Rosy Pears or Fruit Juice</p>	<p>2</p> <p>Breakfast Blueberry Muffin & String Cheese or Cereal & Toast</p> <p>Lunch Grilled Chicken Sandwich or Cheese/*Pepperoni Pizza or Ham & Cheese Deli Sandwich Steamed Broccoli Baby Carrots w/Ranch Mandarin Oranges or Fruit Juice</p>
<p>5</p> <p style="font-size: 2em; text-align: center;"><i>No School Labor Day</i></p>	<p>6</p> <p>Breakfast Toaster Pastry & String Cheese or Cereal & Toast</p> <p>Lunch BBQ Beef Sandwich or Cheesy/Beefy Nachos or Hot n' Spicy Chicken Sandwich Steamed Broccoli Pinto Beans Mandarin Oranges or Fruit Juice</p>	<p>7</p> <p>Breakfast Blueberry Muffin and *Scrambled Eggs w/ Bacon & Cheese or Cereal & Toast</p> <p>Lunch Chef Salad w/Ham and Cheese Whole Wheat Crackers or Meatball Sub or Cheese/Pepperoni Pan Pizza Corn Fresh Carrots Sticks w/ Ranch Apple or Fruit Juice</p>	<p>8</p> <p>Breakfast *Breakfast Pizza or Cereal & Cinnamon Toast Orange Wedges or Fruit Juice</p> <p>Lunch Oven Roasted Chicken w/Wheat Roll or Chicken Fried Steak Sandwich or Hot n' Spicy Chicken Sandwich Mashed Potatoes Green Beans Sliced Peaches or Fruit Juice</p>	<p>9</p> <p>Breakfast Sausage Biscuit or Cereal & Toast</p> <p>Lunch Turkey Tetrizzini w/Wheat Roll or Cheese /*Pepperoni Pizza or Ham & Cheese Deli Sandwich Glazed Carrots Tossed Salad Frozen Fruit Bar or Fruit Juice</p>

Breakfast Includes Choice of Milk and Juice

*Pork Containing Product.

Lunch Includes Entrée, Vegetable and/ or Fruit, and Choice of Milk

Non-Meat choice of grilled cheese sandwich or yogurt & graham crackers offered daily if main entrée items are not a non-meat item.

Breakfast
Student - \$1.25
Reduced - \$.30

Lunch
Student - \$2.30
Reduced - \$.40
Adult - \$3.00

Menu Subject to Change. Pg 1

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