

October 2009 Jr. High Menu National All Star Lunch Week 12-16



Breakfast
Includes
Choice of
Milk and
juice

*Pork
Containing
product.

Lunch
Includes
entrée
Vegetable
and or
fruit, bread
as listed
and choice
of milk

Meal Prices
Breakfast
Student - \$1.00
Reduced \$.30
Adult - \$1.30

Lunch
Student - \$2.25
Reduced - \$.40
Adult - \$2.75

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Grab 'n Go Meals Tuesdays, Wednesdays, & Thursdays</p> <p>All Oct. Tuesdays—Cold Cut Sub Oct. 7, 21—Ham & Turkey Sub Oct. 14, 28—Ham & Cheese Sub Oct. 8, 22—Chicken Fajita Salad Oct. 15, 29—Chef Salad w/Turkey Ham</p>	<p>Combo Meals Mon. - Hot 'n Spicy Chicken Sandwich Tues. - Pizza - 5" Wed. - Cheesy Nachos (except Oct. 14, 28—Hot 'n Spicy Chicken Sandwich) Thurs. - Pizza - 5" Fri. - Hot 'n Spicy Chicken Sandwich</p>	<p style="text-align: center;">Did you know: National School Lunch Week was established in 1963 By former President John F. Kennedy to help Raise awareness of and garner support for the role that school foodservice and nutrition programs play in the lives of the children</p> <p style="text-align: right;">NSLW 12-16</p>	<p>1</p> <p>Breakfast *Breakfast Pizza or Cereal & Toast Lunch Fiesta Salad or Orange Chicken Fresh Baked Roll Green Beans Rice Pineapple Tidbits or Fruit Juice</p>	<p>2</p> <p>Breakfast Sausage Biscuit w/Gravy or Cereal & Cinnamon Toast Lunch Cheese/*Pepperoni Pizza or Baked Potato w/Cheese & Chili and a Roll Mixed Vegetables Fresh Fruit or Fruit Juice</p>
<p>5</p> <p>Breakfast Muffin w/String Cheese or Cereal & Toast Lunch Chicken Tenders w/Texas Toast or BBQ Beef on a Bun Baby Carrots w/Ranch Baked Beans Frozen Fruit Bar or Fruit Juice</p>	<p>6</p> <p>Breakfast Pancake Sandwich w/maple glaze or Cereal & Cinnamon Toast Lunch Double Meat Hamburger/ Cheeseburger or Popcorn Chicken w/Roll Sandwich Fixins Oven Fries Mandarin Oranges or Fruit Juice</p>	<p>7</p> <p>Breakfast Scrambled Egg w/Cheese and *Bacon Taquito or Cereal & Pop Tart Lunch Cheesy Burger Bake w/Garlic Toast or Bean Burrito Steamed Broccoli Fresh Fruit or Fruit Juice</p>	<p>8</p> <p>Breakfast *Sausage Roll or Cereal & Toast Lunch *Pepperoni Calzone or Corn Dog Tossed Salad Pineapple Tidbits or Fruit Juice</p>	<p>9</p> <p style="text-align: center;">No School</p>
<p>12</p> <p style="text-align: center;">Columbus day No School.</p>	<p>13</p> <p>Breakfast Banana Muffin & String Cheese or Cereal & Toast Lunch Steak Fingers or Breaded Cheese Sticks Texas Toast Mashed Potatoes w/Gravy Glazed Sweet Carrots Frozen Fruit Bar or Fruit Juice</p>	<p>14</p> <p>Breakfast Scrambled Eggs w/Cheese and *Bacon and a Biscuit or Cereal & Pop Tart Lunch Chef Salad w/Turkey Ham & Saltine Crackers or Soft Tacos Green Beans Fresh Fruit or Fruit Juice</p>	<p>15</p> <p>Breakfast French Toast w/Cinnamon Swirl and Sausage Patty or Cereal & Toast Lunch Cheese or Beefy/Cheese Nachos or Chicken Nuggets w/Roll Refried Beans Fresh Fruit or Fruit Juice</p>	<p>16</p> <p>Breakfast Cheddar Stuffed Soft Pretzel or Cereal & Cinnamon Toast Applesauce Cup Lunch Cheese/ *Pepperoni Pizza or Chicken Alfredo w/Roll Steamed Broccoli Sliced Peaches or Fruit Juice</p>



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Monday	Tuesday	Wednesday	Thursday	Friday
19 Breakfast Honey Wheat Donut & String Cheese or Cereal & Toast Lunch Chicken Fried Steak or Popcorn Chicken Texas Toast Mashed Potatoes w/Gravy Mixed Vegetables Frozen Juice Bar or Fruit Juice	20 Breakfast Waffle Sticks & Sausage Patty Or Cereal & Cinnamon Toast Lunch Double Meat Hamburger/ Cheeseburger or Beef Rib Patty Sandwich Sandwich Fixins Oven Fries Mandarin Oranges or Fruit Juice Celebration Cake	21 Breakfast Cinnamon Roll & Scrambled Eggs w/Cheese or Cereal & Toast Lunch Spaghetti w/Sauce & Meatballs or Shrimp Poppers Garlic Toast Tossed Salad Green Beans Fresh Fruit or Fruit Juice	22 Breakfast *Sausage Roll or Cereal & Pop Tart Lunch *Pepperoni Calzone or Bean Burrito Broccoli w/Cheese Sauce Fresh Fruit or Fruit Juice	23 Breakfast Biscuit Sandwich w/Egg Patty and Cheese or Cereal & Toast Lunch Cheese/*Pepperoni Pizza or Taco Roll Corn Rosy Applesauce or Fruit Juice
26 Breakfast Cinnamon Pastry & String Cheese or Cereal & Toast Lunch Chicken Nuggets or Macaroni and Cheese Texas Toast Baby Carrots w/Ranch Green Peas Frozen Fruit Bar or Fruit Juice	27 Breakfast Breakfast on a Stick or Cereal & Pop Tart Lunch Double Meat Hamburger/ Cheeseburger or Chicken Sandwich Sandwich Fixins Tator Tots Rosy Pears or Fruit Juice	28 Breakfast Pancakes & Scrambled Eggs w/Cheese or Cereal & Cinnamon Toast Lunch Chef Salad w/Popcorn Chicken & Saltine Crackers or Fish Bites w/Cornbread Broccoli Steamed Fresh Fruit or Fruit Juice	29 Breakfast *Breakfast Pizza or Cereal & Toast Lunch Fiesta Salad or Orange Chicken Fresh Baked Roll Green Beans Rice Pineapple Tidbits or Fruit Juice	30 Breakfast Sausage Biscuit w/Gravy or Cereal & Cinnamon Toast Lunch Cheese/*Pepperoni Pizza or Baked Potato w/Cheese & Chili and a Roll Sweet Glazed Carrots Fresh Fruit or Fruit Juice

Breakfast Includes Choice of Milk and juice

*Pork Containing product.

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Combo Meals

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 Wed. Cheesy Nachos (except Oct. 14, 28—Hot 'n Spicy Chicken Sandwich)
 Thurs. Pizza - 5"
 Fri. Hot 'n Spicy Chicken Sandwich