

JUNIOR HIGH LUNCH MENU/OCTOBER 2– NOVEMBER 3, 2017

MENU SUBJECT TO CHANGE

SALAD BAR OFFERED DAILY

TWO COMPONENTS MAY BE DECLINED BUT MUST HAVE ½ c FRUIT OR VEGETABLE

IN ACCORDANCE WITH FEDERAL LAW AND U.S. DEPARTMENT OF AGRICULTURE POLICY, THIS INSTITUTION IS PROHIBITED FROM DISCRIMINATING ON THE BASIS OF RACE, COLOR, NATIONAL ORIGIN, SEX, AGE, OR DISABILITY.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CHICKEN FRYZE w/bbq/honey mustard/sweet & sour MASHED POTATOES w/GRAVY GLAZED CARROTS PRETZEL ROD w/CHEESE APPLE SLICES, PEARS, OR MIXED FRUIT MILK	3 BBQ RIB ON WG BUN w/pickles CHEESY POTATOES PEAS ORANGE, PINEAPPLE, OR PEARS CHEX MIX MILK	4 SPAGHETTI /w MEAT SAUCE LETTUCE SALAD w/ff dressing CUCUMBERS/DICED TOMATOES GREEN BEANS GARLIC BREAD PEACHES, APPLESAUCE, OR MIXED FRUIT MILK	5 ASIAN DAY BBQ TERRIAKI CHICKEN w/RICE CORN STEAMED BROCCOLI MANDARIN ORANGES, PINEAPPLE, OR PEACHES SUGAR COOKIE MILK	6 TEACHER INSTITUTE NO SCHOOL
9 COLUMBUS DAY NO SCHOOL	10 CHICKEN PATTY ON WG BUN w/mayo & pickles SCALLOPED POTATOES PEAS ORANGE, PEACHES, OR PINEAPPLE MILK	11 MEXICAN GOULASH LETTUCE SALAD w/ff dressing SEASONED BLACK BEANS ¼ c APPLESAUCE, MIXED FRUIT, OR PEACHES CORNBREAD MILK	WG CHEESE, WG PEPPERONI, OR SAUSAGE PIZZA SLICE GREEN BEANS CARROT STICKS ¼ c w/ff dip PEARS, PEACHES, OR PINEAPPLE OATMEAL RAISIN COOKIE MILK	13 WG MINI CORN DOGS w/catsup/mustard CROSS CUT SAVORY POTATOES BAKED BEANS ¼ c MANDARIN ORANGES, APPLESAUCE, OR PEARS MILK
16 WG POPCORN CHICKEN w/bbq/honey mustard/sweet & sour MASHED POTATOES GRAVY LETTUCE SALAD w/ff dressing WG BISCUIT MANDARIN ORANGES, APPLESAUCE, OR PEARS MILK	17 CHEESEBURGER ON WG BUN w/catsup/mustard/pickles OVEN FRIES CELERY & CARROT STICKS ¼ c ea w/ff dip PEACHES, PINEAPPLE, OR PEARS MILK	18 TURKEY MANHATTAN (Turkey Gravy, Mashed Potatoes, Bread Slice) BROCCOLI FLORETS w/ff dip APPLE SLICES, PINEAPPLE OR BANANA MILK	19 TWO SOFT BEEF TACOS SALSA/SOUR CREAM SHREDDED LETTUCE ½ c CHEESE DICED TOMATOES CORN MANDARIN ORANGES, BANANA, OR PINEAPPLE MILK	20 PARENT TEACHER CONFERENCE
23 CHICKEN TENDERS w/bbq/honey mustard/sweet & sour MASHED POTATOES & GRAVY BABY CARROTS w/ff dip WG BREAD SLICE APPLESAUCE, MIXED FRUIT, OR PEACHES MILK	24 HOT DOG OR CHILI DOG ON WG BUN w/catsup/mustard/relish TATER TOTS KIDNEY BEANS ¼ c PINEAPPLE, APPLESAUCE, OR PEARS MILK	25 RAVIOLI W/MEAT SAUCE LETTUCE SALAD ½ c w/ff dressing GREEN BEANS WW BREADSTICKS APPLE SLICES, PINEAPPLE, OR RAISINS MILK	26 BREADED MOZZARELLA STICKS w/marinara sauce CAULIFLOWER FLORETS w/ff dip CORN MANDARIN ORANGES, PEACHES, OR PINEAPPLE MILK	27 BBQ CHICKEN ON BUN w/pickles SWEET POTATO PUFFS PEAS APPLE SLICES, MIXED FRUIT, OR PEACHES CHOCOLATE CHIP COOKIE MILK
30 WG CHICKEN NUGGETS w/bbq/honey mustard/sweet & sour MASHED POTATOES & GRAVY GREEN BEANS WG PRETZEL ROD W/CHEESE APPLESAUCE, PINEAPPLE OR PEACHES MILK	31 SLOPPY JO ON WG BUN w/pickles SAVORY CUBES PINTO BEANS ¼ c PEARS, MANDARIN ORANGES, OR MIXED FRUIT SIDEKICK FROZEN FRUIT ICEE MILK	1 CHICKEN & NOODLES GLAZED CARROTS LETTUCE SALAD w/ff dressing WG BREAD SLICE APPLESAUCE, MANDARIN ORANGES, OR PEACHES GRAHAM CRACKERS MILK	2 ASIAN DAY ORANGE CHICKEN FRIED RICE STEAMED BROCCOLI EGG ROLL PINEAPPLE, APPLESAUCE, OR PEARS FORTUNE COOKIE MILK	3 CORN DOG w/catsup/mustard OR BURRITO W/SALSA SWEET POTATO FRIES PORK & BEANS ¼ c PEARS, PEACHES, OR MIXED FRUIT FRUIT ROLL UP MILK

*WG/Whole Grain Rich