

JUNIOR HIGH LUNCH MENU/OCTOBER 1 - 31, 2018

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
1 CHICKEN FRYZE w/bbq or sweet/sour SAVORY CUBES BAKED BEANS MANDARIN ORANGES, PEACHES, OR APPLESAUCE CHEDDAR GOLDFISH MILK	2 CHICKEN PATTY ON WG BUN w/mayo & pickles SCALLOPED POTATOES PEAS ORANGE, PEACHES, OR PINEAPPLE FRUIT ROLL UP MILK	3 CHICKEN & NOODLES GLAZED CARROTS LETTUCE SALAD w/ff dressing WG BREAD SLICE APPLESAUCE, MANDARIN ORANGES, OR PEACHES WG SUGAR COOKIE MILK	4 WG CHEESE, WG PEPPERONI, OR SAUSAGE PIZZA SLICE GREEN BEANS CORN PEARS, APPLE SLICES, OR PINEAPPLE MILK	5 TEACHER'S INSTITUTE NO SCHOOL
8 COLUMNBUS DAY NO SCHOOL	9 WG MINI CORN DOGS w/catsup/mustard SWEET POTATO FRIES PORK & BEANS ¼ c MANDARIN ORANGES, APPLESAUCE, OR PEARS MILK	10 MEXICAN GOULASH LETTUCE SALAD w/ff dressing SEASONED BLACK BEANS APPLESAUCE, MIXED FRUIT, OR PEACHES CORNBREAD MILK	11 BREADED MOZZARELLA STICKS w/marinara sauce ¼ c GREEN BEANS CORN MIXED FRUIT, PINEAPPLE, OR PEARS MILK	12 ASIAN DAY GENERAL TSO OR ORANGE CHICKEN ASIAN FRIED RICE ½ c STEAMED BROCCOLI ½ c EGG ROLL w/sweet & sour MANDARIN ORANGES, PEACHES, OR PINEAPPLE FORTUNE COOKIE MILK
15 CHICKEN TENDERS w/bbq or sweet/sour MASHED POTATOES & GRAVY BABY CARROTS w/ff dip WG BREAD SLICE APPLESAUCE, MIXED FRUIT, OR PEACHES MILK	16 BBQ RIB ON WG BUN w/pickles CHEESY POTATOES PEAS ORANGE, PINEAPPLE, OR PEARS MILK	17 RAVIOLI W/MEAT SAUCE LETTUCE SALAD ½ c w/ff dressing GREEN BEANS WW BREADSTICKS APPLE SLICES, PINEAPPLE, OR RAISINS MILK	18 WG CHEESE OR CHICKEN QUESADILLA W/SALSA/SOUR CREAM SEASONED BLACK BEANS ¼ c CORN MANDARIN ORANGES, PEACHES, OR MIXED FRUIT MILK	19 PARENT TEACHER CONFERENCE NO SCHOOL
22 WG CHICKEN NUGGETS w/bbq or sweet/sour SWEET POTATO BITES LETTUCE SALAD w/ff dressing CUCUMBERS/DICED TOMATOES WG PRETZEL ROD W/CHEESE APPLESAUCE, PINEAPPLE OR PEACHES MILK	23 CHEESEBURGER ON WG BUN w/catsup/mustard/pickles OVEN FRIES CELERY & CARROT STICKS ¼ c ea w/ff dip ORANGE, PINEAPPLE, OR PEARS MILK	24 TURKEY MANHATTAN (Turkey Gravy, Mashed Potatoes, Bread Slice) GREEN BEANS APPLE SLICES, PINEAPPLE OR RAISINS MILK	25 NACHO GRANDE SALSA/SOUR CREAM SHREDDED LETTUCE ½ c CHEESE DICED TOMATOES REFRIED BEANS PEARS, PEACHES, OR PINEAPPLE MILK	26 TERIYAKI CHICKEN ASIAN FRIED RICE CORN EGG ROLL w/sweet & sour PINEAPPLE, MANDARIN ORANGES, OR MIXED FRUIT, GRAHAM CRACKERS MILK
29 WG POPCORN CHICKEN w/bbq or sweet/sour MASHED POTATOES & GRAVY GLAZED CARROTS WG BISCUIT MANDARIN ORANGES, APPLESAUCE, OR PEARS MILK	30 HOT DOG OR CHILI DOG ON WG BUN w/catsup/mustard/relish TATER TOTS BAKED BEANS PEARS, MANDARIN ORANGES, OR APPLE SLICES CHEX MIX MILK	31 SPAGHETTI W/MEAT SAUCE CORN LETTUCE SALAD w/ff dressing CUCUMBERS/DICED TOMATOES GARLIC BREAD PINEAPPLE, PEACHES, OR MIXED FRUIT MILK		

*WG/Whole Grain Rich