

JUNIOR HIGH LUNCH MENU/NOVEMBER 1 – 30, 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 BBQ CHICKEN WG BUN w/pickles SAVORY WEDGES BROCCOLI FLORETS w/ff dip PINEAPPLE, APPLESAUCE, OR PEACHES MILK	2 WG CHEESE, WG PEPPERONI, OR SAUSAGE PIZZA SLICE GREEN BEANS CORN PEARS, APPLE SLICES, OR PINEAPPLE MILK
5 CHICKEN FRYZE w/bbq or sweet/sour SAVORY CUBES PEAS MANDARIN ORANGES, PEACHES, OR APPLESAUCE CHEDDAR GOLDFISH MILK	6 WG MINI CORN DOGS w/catsup/mustard SWEET POTATO PUFFS BAKED BEANS MANDARIN ORANGES, APPLESAUCE, OR PEARS MILK	7 MEXICAN GOULASH LETTUCE SALAD w/ff dressing DICED TOMATOES/CUCUMBERS CORN APPLESAUCE, MIXED FRUIT, OR PEACHES CORNBREAD MILK	8 CHICKEN PATTY ON WG BUN w/mayo & pickles SCALLOPED POTATOES GREEN BEANS ORANGE, PEACHES, OR PINEAPPLE FRUIT ROLL UP MILK	9 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
12 CHICKEN TENDERS w/bbq or sweet/sour MASHED POTATOES & GRAVY BABY CARROTS w/ff dip WG BREAD SLICE APPLESAUCE, MIXED FRUIT, OR PEACHES MILK	13 BBQ RIB ON WG BUN w/pickles CHEESY POTATOES PINTO BEANS ORANGE, PINEAPPLE, OR PEARS CHEX MIX MILK	14 THANKSGIVING MEAL ROAST TURKEY GRAVY MASHED POTATOES GREEN BEANS STRAWBERRY CUP DINNER ROLL SUGAR COOKIE MILK	15 RAVIOLI W/MEAT SAUCE LETTUCE SALAD ½ c w/ff dressing DICED TOMATOES/CUCUMBERS CORN GARLIC BREAD APPLE SLICES, PINEAPPLE, OR RAISINS MILK	16 SWEET & SOUR CHICKEN (new entree) ASIAN FRIED RICE BROCCOLI FLORETS w/ff dip EGG ROLL w/sweet & sour PINEAPPLE, MANDARIN ORANGES, OR PEACHES MILK
19 WG CHICKEN NUGGETS w/bbq or sweet/sour SWEET POTATO BITES LETTUCE SALAD w/ff dressing DICED TOMATOES/CUCUMBERS WG PRETZEL ROD W/CHEESE APPLESAUCE, MIXED FRUIT, OR PEACHES MILK	20 WG CHEESE OR CHICKEN QUESADILLA W/SALSA/SOUR CREAM SEASONED BLACK BEANS ¼ c CORN MANDARIN ORANGES, PEACHES, OR PINEAPPLE MILK	21 THANKSGIVING BREAK NO SCHOOL	22 THANKSGIVING DAY NO SCHOOL	23 THANKSGIVING BREAK NO SCHOOL
26 WG POPCORN CHICKEN w/bbq or sweet/sour MASHED POTATOES & GRAVY PEAS WG BISCUIT MANDARIN ORANGES, APPLESAUCE, OR PEARS MILK	27 BREADED MOZZARELLA STICKS w/marinara sauce ¼ c GREEN BEANS CORN MIXED FRUIT, PINEAPPLE, OR PEARS MILK	28 CHICKEN & NOODLES GLAZED CARROTS LETTUCE SALAD w/ff dressing DICED TOMATOES/CUCUMBERS WG BREAD SLICE APPLESAUCE, MANDARIN ORANGES, OR PEACHES OATMEAL RAISIN COOKIE MILK	29 2 SOFT CHICKEN TACOS SALSA/SOUR CREAM SHREDDED LETTUCE ½ c DICED TOMATOES CHEESE MEXICAN RICE REFRIED BEANS PEARS, PEACHES, OR PINEAPPLE MILK	30 TERIYAKI CHICKEN ASIAN FRIED RICE CORN EGG ROLL w/sweet & sour PINEAPPLE, MANDARIN ORANGES, OR MIXED FRUIT, GRAHAM CRACKERS MILK

*WG/Whole Grain Rich