

## JUNIOR HIGH LUNCH MENU/SEPTEMBER 3-28, 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
<p style="text-align: center;">3</p> <p style="text-align: center;">LABOR DAY</p> <p style="text-align: center;">NO SCHOOL</p> <p style="text-align: center;">*WG/Whole Grain Rich</p>	<p style="text-align: center;">4</p> <p style="text-align: center;">CHICKEN PATTY ON WG BUN w/mayo &amp; pickles</p> <p style="text-align: center;">SCALLOPED POTATOES</p> <p style="text-align: center;">PEAS</p> <p style="text-align: center;">ORANGE, PEACHES, OR PINEAPPLE</p> <p style="text-align: center;">FRUIT ROLL UP</p> <p style="text-align: center;">MILK</p>	<p style="text-align: center;">5</p> <p style="text-align: center;">CHICKEN &amp; NOODLES</p> <p style="text-align: center;">GLAZED CARROTS</p> <p style="text-align: center;">LETTUCE SALAD w/ff dressing</p> <p style="text-align: center;">WG BREAD SLICE</p> <p style="text-align: center;">APPLESAUCE, MANDARIN ORANGES, OR PEACHES</p> <p style="text-align: center;">WG SUGAR COOKIE</p> <p style="text-align: center;">MILK</p>	<p style="text-align: center;">6</p> <p style="text-align: center;">WG CHEESE, WG PEPPERONI, OR SAUSAGE PIZZA SLICE</p> <p style="text-align: center;">GREEN BEANS</p> <p style="text-align: center;">CORN</p> <p style="text-align: center;">PEARS, APPLE SLICES, OR PINEAPPLE</p> <p style="text-align: center;">MILK</p>	<p style="text-align: center;">7</p> <p style="text-align: center;">HOT DOG OR CHILI DOG ON WG BUN w/catsup/mustard/relish</p> <p style="text-align: center;">TATER TOTS</p> <p style="text-align: center;">BAKED BEANS</p> <p style="text-align: center;">PEARS, MANDARIN ORANGES, OR APPLE SLICES</p> <p style="text-align: center;">MILK</p>
<p style="text-align: center;">10</p> <p style="text-align: center;">WG POPCORN CHICKEN w/bbq/honey mustard</p> <p style="text-align: center;">MASHED POTATOES</p> <p style="text-align: center;">GRAVY</p> <p style="text-align: center;">GLAZED CARROTS</p> <p style="text-align: center;">WG BISCUIT</p> <p style="text-align: center;">MANDARIN ORANGES, APPLESAUCE, OR PEARS</p> <p style="text-align: center;">MILK</p>	<p style="text-align: center;">11</p> <p style="text-align: center;">MEXICAN GOULASH</p> <p style="text-align: center;">LETTUCE SALAD w/ff dressing</p> <p style="text-align: center;">SEASONED BLACK BEANS</p> <p style="text-align: center;">APPLESAUCE, MIXED FRUIT, OR PEACHES</p> <p style="text-align: center;">CORNBREAD</p> <p style="text-align: center;">MILK</p>	<p style="text-align: center;">12</p> <p style="text-align: center;">SCHOOL IMPROVEMENT DAY</p> <p style="text-align: center;">EARLY DISMISSAL</p> <p style="text-align: center;">NO LUNCH SERVED</p>	<p style="text-align: center;">13</p> <p style="text-align: center;">BREADED MOZZARELLA STICKS w/marinara sauce ¼ c</p> <p style="text-align: center;">GREEN BEANS</p> <p style="text-align: center;">CORN</p> <p style="text-align: center;">MIXED FRUIT, PINEAPPLE, OR PEARS</p> <p style="text-align: center;">MILK</p>	<p style="text-align: center;">14</p> <p style="text-align: center;">ASIAN DAY</p> <p style="text-align: center;">GENERAL TSO OR ORANGE CHICKEN</p> <p style="text-align: center;">ASIAN FRIED RICE ½ c</p> <p style="text-align: center;">STEAMED BROCCOLI ½ c</p> <p style="text-align: center;">EGG ROLL w/sweet &amp; sour</p> <p style="text-align: center;">MANDARIN ORANGES, PEACHES, OR PINEAPPLE</p> <p style="text-align: center;">FORTUNE COOKIE</p> <p style="text-align: center;">MILK</p>
<p style="text-align: center;">17</p> <p style="text-align: center;">CHICKEN TENDERS w/bbq/honey mustard</p> <p style="text-align: center;">MASHED POTATOES &amp; GRAVY</p> <p style="text-align: center;">BABY CARROTS w/ff dip</p> <p style="text-align: center;">WG BREAD SLICE</p> <p style="text-align: center;">APPLESAUCE, MIXED FRUIT, OR PEACHES</p> <p style="text-align: center;">MILK</p>	<p style="text-align: center;">18</p> <p style="text-align: center;">BBQ RIB ON WG BUN w/pickles</p> <p style="text-align: center;">CHEESY POTATOES</p> <p style="text-align: center;">PEAS</p> <p style="text-align: center;">ORANGE, PINEAPPLE, OR PEARS</p> <p style="text-align: center;">CHEX MIX</p> <p style="text-align: center;">MILK</p>	<p style="text-align: center;">19</p> <p style="text-align: center;">RAVIOLI W/MEAT SAUCE</p> <p style="text-align: center;">LETTUCE SALAD ½ c w/ff dressing</p> <p style="text-align: center;">GREEN BEANS</p> <p style="text-align: center;">WW BREADSTICKS</p> <p style="text-align: center;">APPLE SLICES, PINEAPPLE, OR RAISINS</p> <p style="text-align: center;">MILK</p>	<p style="text-align: center;">20</p> <p style="text-align: center;">WG CHEESE OR CHICKEN QUESADILLA</p> <p style="text-align: center;">W/SALSA/SOUR CREAM</p> <p style="text-align: center;">SEASONED BLACK BEANS ¼ c</p> <p style="text-align: center;">CORN</p> <p style="text-align: center;">MANDARIN ORANGES, PEACHES, OR MIXED FRUIT</p> <p style="text-align: center;">MILK</p>	<p style="text-align: center;">21</p> <p style="text-align: center;">WG MINI CORN DOGS w/catsup/mustard</p> <p style="text-align: center;">SWEET POTATO FRIES</p> <p style="text-align: center;">PORK &amp; BEANS ¼ c</p> <p style="text-align: center;">MANDARIN ORANGES, APPLESAUCE, OR PEARS</p> <p style="text-align: center;">MILK</p>
<p style="text-align: center;">24</p> <p style="text-align: center;">WG CHICKEN NUGGETS w/bbq/honey mustard</p> <p style="text-align: center;">SWEET POTATO BITES</p> <p style="text-align: center;">LETTUCE SALAD w/ff dressing</p> <p style="text-align: center;">CUCUMBERS/DICED TOMATOES</p> <p style="text-align: center;">WG PRETZEL ROD W/CHEESE</p> <p style="text-align: center;">APPLESAUCE, PINEAPPLE OR PEACHES</p> <p style="text-align: center;">MILK</p>	<p style="text-align: center;">25</p> <p style="text-align: center;">CHEESEBURGER ON WG BUN w/catsup/mustard/pickles</p> <p style="text-align: center;">OVEN FRIES</p> <p style="text-align: center;">CELERY &amp; CARROT STICKS ¼ c ea w/ff dip</p> <p style="text-align: center;">ORANGE, PINEAPPLE, OR PEARS</p> <p style="text-align: center;">MILK</p>	<p style="text-align: center;">26</p> <p style="text-align: center;">TURKEY MANHATTAN (Turkey Gravy, Mashed Potatoes, Bread Slice)</p> <p style="text-align: center;">GREEN BEANS</p> <p style="text-align: center;">APPLE SLICES, PINEAPPLE OR RAISINS</p> <p style="text-align: center;">MILK</p>	<p style="text-align: center;">27</p> <p style="text-align: center;">TWO SOFT BEEF TACOS</p> <p style="text-align: center;">SALSA/SOUR CREAM</p> <p style="text-align: center;">SHREDDED LETTUCE ½ c</p> <p style="text-align: center;">CHEESE</p> <p style="text-align: center;">DICED TOMATOES</p> <p style="text-align: center;">REFRIED BEANS</p> <p style="text-align: center;">PEARS, PEACHES, OR PINEAPPLE</p> <p style="text-align: center;">MILK</p>	<p style="text-align: center;">28</p> <p style="text-align: center;">TERIYAKI CHICKEN</p> <p style="text-align: center;">ASIAN FRIED RICE</p> <p style="text-align: center;">CORN</p> <p style="text-align: center;">EGG ROLL w/sweet &amp; sour</p> <p style="text-align: center;">PINEAPPLE, MANDARIN ORANGES, OR MIXED FRUIT,</p> <p style="text-align: center;">GRAHAM CRACKERS</p> <p style="text-align: center;">MILK</p>