



# Jr High School Lunch Menu February / March 2024



TOGETHER - Preparing EVERY Student for Future Success

Monday February 12, 2024	Taco Tuesday February 13, 2024	Wednesday February 14, 2024	Pasta Thursday February 15, 2024	Friday February 16, 2024
Italian Panini on Ciabata Bread	Buffalo Chicken Dip w/ Tortilla Chips	Boneless Chicken Wings w/Roll Choice of Dipping Sauce Plain, BBQ or Hot	Home Made Beefaroni w/ Wg Roll	BBQ Pork Sandwich on a Bun
<b>Featured Veggies:</b> Side Salad Seasoned Carrots Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Poblanos Black Beans Lettuce and Tomato Cup Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> French Fries Celery & Carrot Sticks Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Caesar Salad Steamed Broccoli Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Cole Slaw Curly Fries Choice of Fruit Choice of Milk
Monday February 19, 2024	Taco Tuesday February 20, 2024	Wednesday February 21, 2024	Pasta Thursday February 22, 2024	Friday February 23, 2024
NO SCHOOL Presidents Day	Walking Taco w/ sour cream and salsa	French Toast Sticks w/ Sausage Patties	Pasta and Meatballs w Breadstick	Beef and Cheddar Cheese Fries
	<b>Featured Veggies:</b> Seasoned Pinto Beans Lettuce and Tomato Cup Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Hash Browns Sliced Cucumbers Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Italian Salad Green Beans Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Sliced Cucumbers Steamed Peas Choice of Fruit Choice of Milk
Monday February 26, 2024	Taco Tuesday February 27, 2024	Wednesday February 28, 2024	Pasta Thursday February 29, 2024	Friday March 1, 2024
General Tso Popcorn Chicken	Beef or Chicken Taco's w/ Tortilla Shells w/ sour cream and salsa	Philly Cheese Steak on a Hoagie Bun	Cheese Stuffed Breadsticks and Marinara Sauce.	Cowboy Burger w/ BBQ Sauce, Onion rings & Cheddar on Pretzel Roll
<b>Featured Veggies:</b> Seasoned Rice Steamed Broccoli Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Cole Slaw Lettuce and Tomato Cup Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Peppers & Onions Mixed Vegetables Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Sliced Cucumbers Steamed Corn Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Onion Rings Celery Sticks Choice of Fruit Choice of Milk
Monday March 4, 2024	Taco Tuesday March 5, 2024	Wednesday March 6, 2024	Pasta Thursday March 7, 2024	Friday March 8, 2024
Italian Meatball Sandwich on a Hoagie Bun w/ Sauce and Cheese	Chicken or Cheese Quesadilla w/ sour cream and salsa	State Fair Corn Dog	Pasta and Meatballs w Breadstick	BBQ Ribby Sandwich with Pickles & Onions
<b>Featured Veggies:</b> Seasoned Fries Steamed carrots Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Refried Beans Steamed Broccoli Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Baby Carrots Baked Beans Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Caesar Salad Mixed Vegetable Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> French Fries Green Beans Choice of Fruit Choice of Milk
Monday March 11, 2024	Taco Tuesday March 12, 2024	Wednesday March 13, 2024	Pasta Thursday March 14, 2024	Friday March 15, 2024
Toasted 3 Cheese Sandwich	Nacho Grande w/ Tortilla Chips w/ sour cream and salsa	Hot Dog on a Wg Bun with Toppings	Macaroni & Cheese w/ wg roll	Chicken Tenders w/ WG Roll
<b>Featured Veggies:</b> Tomato Soup Roasted Red Potatoes Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Corn & Black Bean Salsa Lettuce and Tomato Cup Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> French Fries Cherry Tomatoes Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Side Salad Peas Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Potato Wedges Baby Carrots Choice of Fruit Choice of Milk
Monday March 18, 2024	Taco Tuesday March 19, 2024	Wednesday March 20, 2024	Pasta Thursday March 21, 2024	Friday March 22, 2024
Hot Ham & Cheese Sandwich on a Pretzel Roll	NO SCHOOL PD DAY	Bacon Cheeseburger on a WG Bun With Toppings	Fresh Made Stromboli w/ Pepperoni and Cheese and Marinara Sauce.	Buffalo Chicken Flatbread
<b>Featured Veggies:</b> tater Tots Steamed Corn Choice of Fruit Choice of Milk		<b>Featured Veggies:</b> Onion Rings Steamed Carrots Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Italian Salad Green Beans Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Broccoli Salad Baked Beans Choice of Fruit Choice of Milk

Student Paid Lunch \$0.00      Student Reduced Lunch \$0.00      Adult Lunch \$4.25

For your convenience we now offer a way to pay online. Go to "www.payschoolscentral.com" to find out more.

**DAILY ENTRÉE OPTIONS MAY INCLUDE:**

- Cheese Burger on a Bun
- Whole Grain Chicken Patty on a Bun
- Whole Grain Spicy Chicken Patty on a Bun
- Cheese Pizza
- Pepperoni Pizza
- Hamburger on a Bun

**What is a Meal?**  
You must choose at least 3 of 5 components available for the school lunch price. Meat or meat alternate, choice of vegetable, choice of fruit, grain/ bread and choice of milk  
1% White, Fat Free White Fat Free Chocolate Fat Free Vanilla, Fat Free Strawberry  
**A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup vegetable MUST accompany a**

**Weekly Vegetable Subgroups May include:**  
Dark green (spinach, broccoli, romaine, spring salad),  
red/orange (carrots, sweet potatoes, tomatoes, red peppers),  
beans/peas (legumes),  
starchy (white potatoes, corn, peas, lima beans).  
Other vegetables will include celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage, green peppers.  
Daily Fruit Selections May include: Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Mellon, Strawberries, Applesauce, Pineapple, and Mandarin Oranges.

**chef fresh**  
Grilled Chicken Salad  
Strawberry & Spinach  
Popcorn Chicken Wrap  
Turkey & Cheese Wrap

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This institution is an equal opportunity provider.

Menu subject to change based on product availability