



Jr High School Lunch Menu August / September 2023



TOGETHER - Preparing EVERY
Student for Future Success

Monday August 21, 2023	Taco Tuesday August 22, 2023	Wednesday August 23, 2023	Pasta Thursday August 24, 2023	Friday August 25, 2023
		Boneless Chicken Wings w/roll	Home Made Beefaroni w/ Wg Roll	BBQ Pork Sandwich on a Bun
CONVOGATION DAY NO SCHOOL	PREP DAY NO SCHOOL	Choice of Dipping Sauce Plain, BBQ or Hot		
		Featured Veggies: French Fries	Featured Veggies: Caesar Salad	Featured Veggies: Cole Slaw
		Celery & Carrot Sticks	Steamed Broccoli	Curly Fries
		Choice of Fruit	Choice of Fruit	Choice of Fruit
		Choice of Milk	Choice of Milk	Choice of Milk
Monday August 28, 2023	Taco Tuesday August 29, 2023	Wednesday August 30, 2023	Pasta Thursday August 31, 2023	Friday September 1, 2023
Chicken Mash Potato Bowl w/ Wg Roll	Walking Taco w/ sour cream and salsa	French Toast Sticks w/ Sausage Patties	Pasta and Meatballs w Breadstick	Beef and Cheddar Cheese Fries
Featured Veggies: Mash Potatoes Yellow Corn	Featured Veggies: Seasoned Pinto Beans Lettuce and Tomato Cup	Featured Veggies: Hash Browns Sliced Cucumbers	Featured Veggies: Italian Salad Green Beans	Featured Veggies: Sliced Cucumbers Steamed Peas
Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
Monday September 4, 2023	Taco Tuesday September 5, 2023	Wednesday September 6, 2023	Pasta Thursday September 7, 2023	Friday September 8, 2023
		Chicken Fajita w/ cheese and salsa	Cheese Stuffed Breadsticks and Marinara Sauce.	Cowboy Burger w/ BBQ Sauce, Onion rings & Cheddar on Pretzel Roll
LABOR DAY NO SCHOOL	PD DAY NO SCHOOL		Featured Veggies: Sliced Cucumbers Steamed Corn	Featured Veggies: Onion Rings Celery Sticks
		Featured Veggies: Peppers & Onions Black Beans	Choice of Fruit	Choice of Fruit
		Choice of Milk	Choice of Milk	Choice of Milk
Monday September 11, 2023	Taco Tuesday September 12, 2023	Wednesday September 13, 2023	Pasta Thursday September 14, 2023	Friday September 15, 2023
Italian Meatball Sandwich on a Hoagie Bun w/ Sauce and Cheese	Chicken or Cheese Quesadilla w/ sour cream and salsa	Philly Cheese Steak on a Hoagie Bun	Pasta and Meatballs w Breadstick	BBQ Ribby Sandwich with Pickles & Onions
Featured Veggies: Seasoned Fries Steamed carrots	Featured Veggies: Refried Beans Steamed Broccoli	Featured Veggies: Peppers & Onions Baked Beans	Featured Veggies: Caesar Salad Mixed Vegetable	Featured Veggies: French Fries Green Beans
Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
Monday September 18, 2023	Taco Tuesday September 19, 2023	Wednesday September 20, 2023	Pasta Thursday September 21, 2023	Friday September 22, 2023
Toasted 3 Cheese Sandwich	Nacho Grande w/ Tortilla Chips w/ sour cream and salsa	Potato and Cheese Pierogi Cheese Sauce	Macaroni & Cheese w/ wg roll	Chicken Tenders w/ WG Roll
Featured Veggies: Tomato Soup Roasted Red Potatoes	Featured Veggies: Corn & Black Bean Salsa Lettuce and Tomato Cup	Featured Veggies: Pinto Beans Cherry Tomatoes	Featured Veggies: Side Salad Corn Cobbette	Featured Veggies: Potato Wedges Baby Carrots
Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
Monday September 25, 2023	Taco Tuesday September 26, 2023	Wednesday September 27, 2023	Pasta Thursday September 28, 2023	Friday September 29, 2023
Hot Ham & Cheese Sandwich on a Pretzel Roll	Chilimichuri Pork Taco w/ Tortilla Shells w/ sour cream and salsa	Bacon Cheeseburger on a WG Bun	Fresh Made Stromboli w/ Pepperoni and Cheese and Marinara Sauce.	Buffalo Chicken Flatbread
Featured Veggies: tater Tots Steamed Corn	Featured Veggies: Seasoned Bean Dip Lettuce and Tomato Cup	Featured Veggies: Grilled Mushrooms & Onion French Fries	Featured Veggies: Italian Salad Green Beans	Featured Veggies: Broccoli Salad Baked Beans
Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
Student Paid Lunch \$0.00 Student Reduced Lunch \$0.00 Adult Lunch \$4.25				

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), starch (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, Melon, Strawberries, Applesauce, Pineapple, and Mandarin Oranges.



Chef Salad
Grilled Chicken Salad
Strawberry & Spinach
Popcorn Chicken Wrap
Turkey & Cheese Wrap

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Menu subject to change based on product availability

This institution is an equal opportunity provider.

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