



Breakfast

Lunch on Pg.2

May 2017

Jr. High School Breakfast Menu

1

Donut
Orange
Apple Juice
Assorted Milk

2

Trix Cereal
Mixed Fruit
Fruit Juice
Assorted Milk

3

Apple Bosco Stick
Raisins
Orange Juice
Assorted Milk

4

Breakfast Pizza
Diced Pears
Fruit Juice
Assorted Milk

5

Egg & Cheese Sandwich
Pear
Apple Juice
Assorted Milk

8

Yogurt
Cinnamon Graham
Crackers
Orange
Apple Juice
Assorted Milk

9

Pancake on a Stick
Mixed Fruit
Fruit Juice
Assorted Milk

10

Breakfast Pizza
Sliced Apples
Orange Juice
Assorted Milk

11

Turkey Sausage Sandwich
Diced Peaches
Fruit Juice
Assorted Milk

12

Cocoa Puffs
Scooby Doo Crackers
Banana
Apple Juice
Assorted Milk

15

Chocolate Muffin
String Cheese
Orange
Apple Juice
Milk

16

Breakfast Pizza
Mixed Fruit
Fruit Juice
Assorted Milk

17

Froot Loops
Elf Crackers
Sliced Apples
Orange Juice
Assorted Milk

18

Yogurt
Animal Crackers
Diced Peaches
Fruit Juice
Assorted Milk

19

Bad Weather Day!

No School Today!

22

Breakfast Pizza
Orange
Apple Juice
Milk

23

Glazed Donut
Diced Pears
Fruit Juice
Assorted Milk

24

Pancake on a Stick
Sliced Apples
Orange Juice
Assorted Milk

25

Trix Cereal
Animal Crackers
Fruit Juice
Mixed Fruit
Assorted Milk

26

Cinnamon Raisin Bagel
Cream Cheese
Banana
Apple Juice
Assorted Milk

29

Holiday!

30

Pancake on a Stick
Mixed Fruit
Fruit Juice
Milk

31

Lucky Charms
Animal Crackers
Apple Slices
Orange Juice
Milk

6/1

Chicken Biscuit
Mixed Fruit
Fruit Juice
Milk

Lucky Tray Day on the 26th!



WG = Whole Grain – All grain and breaded products are now **WHOLE GRAIN RICH!!!!**

Menu substitutions may occur.

Made with Healthy Whole Grains
Eat Well Selection™
Lower Fat, Lower Sodium
Nutritional Messages may vary by school.

Local ingredients are always used when in season


Students must take at least 3 food items (Fruit, Dairy, or main item). Main items count as two (2) food items.

Students have a choice between 1% white milk and skim chocolate milk.




JR High School Lunch Menu


<p>1</p> <p>Meatloaf Brown Gravy Roll Fresh Tomatoes Three Bean Salad Tater Tots Apple Fruit Juice Milk</p>	<p>2</p> <p>Popcorn Chicken Bowl Roll Mixed Veggies Lettuce & Tomato Fresh Cucumbers Sliced Peaches Apple Juice Milk</p>	<p>3</p> <p>Spaghetti & Meat Sauce Cucumber/Tomato Salad Green Peas French Fries Banana Fruit Juice Milk</p>	<p>4</p> <p>Chicken Enchiladas Mexican Rice Pinto Beans Sliced Carrots Applesauce Orange Juice Milk</p>	<p>5</p> <p>Fish Patty Melt Steamed Broccoli Baby Carrots Tater Tots Craisins Fruit Juice Milk</p>
<p>8</p> <ul style="list-style-type: none"> • Pizza Max Stick • Corn • Steamed Broccoli • Tater Tots • Apple • Fruit Juice • Milk 	<p>9</p> <ul style="list-style-type: none"> • Salisbury Steak • Brown Gravy • Roll • Green Beans • Tomatoes • Mashed Potatoes • Diced Peaches • Apple Juice • Milk 	<p>10</p> <p>Oriental Orange Chicken & Broccoli Plain Rice Zucchini Squash Coleslaw French Fries Banana Fruit Juice Milk</p>	<p>11</p> <p>Penne Pasta w/ Chicken Breadstick Baked Beans Celery Sticks Mixed Fruit Orange Juice Milk</p>	<p>12</p> <ul style="list-style-type: none"> • Beef & Bean Nachos • Steamed Spinach • Baby Carrots • Tater Tots • Craisins • Fruit Juice • Milk
<p>15</p> <ul style="list-style-type: none"> • Chili Mac • Fresh Tomatoes • Tater Tots • Green Peas • Apple • Fruit Juice • Milk 	<p>16</p> <ul style="list-style-type: none"> • Popcorn Chicken Bowl • Breadstick • Sliced Carrots • Cucumber/Tomato Salad • Diced Peaches • Apple Juice • Milk 	<p>17</p> <p>Bean & Cheese Burrito Plain Rice Celery Sticks Pinto Beans French Fries Banana Fruit Juice Milk</p>	<p>18</p> <p>Mesquite Chicken Fresh Carrots Spinach Strawberry Salad Applesauce Orange Juice Milk</p>	<p>19</p> <p>Bad Weather Day!</p> <p>No School Today!</p>
<p>22</p> <p>Spaghetti w/ Meatballs Roll Steamed Broccoli Coleslaw Tater Tots Apple Fruit Juice Milk</p>	<p>23</p> <ul style="list-style-type: none"> • Fish Sticks • Macaroni & Cheese • Fresh Tomatoes • Green Beans • Diced Peaches • Apple Juice • Milk 	<p>24</p> <ul style="list-style-type: none"> • Chicken Pot Pie • Zucchini Squash • Pinto Beans • French Fries • Banana • Fruit Juice • Milk 	<p>25</p> <ul style="list-style-type: none"> • Vegetarian Chili • Celery Sticks • Mixed Veggies • Applesauce • Orange Juice • Milk 	<p>26</p> <ul style="list-style-type: none"> • Oriental Sweet & Sour Chicken • Egg Fried Rice • Steamed Broccoli • Fresh Baby Carrots • Tater Tots • Raisins • Fruit Juice • Milk
<p>29</p> <p>Holiday!</p>	<p>30</p> <ul style="list-style-type: none"> • Rotini w/ Meat Sauce • Green Beans • Spinach & Strawberry Salad • Diced Peaches • Apple Juice • Milk 	<p>31</p> <ul style="list-style-type: none"> • Broccoli & Cheese Baked Potato • Steamed Carrots • Fresh Cucumbers • French Fries • Banana • Fruit Juice • Milk 	<p>6/1</p> <ul style="list-style-type: none"> • Beef Nachos • Baked Beans • Celery Sticks • Applesauce • Orange Juice • Milk 	<p>POPCORN CHICKEN OR CHICKEN NUGGETS , PIZZA, HAMBURGER'S , CHEESEBURGER'S & CHICKEN BURGERS</p> <p>SERVED DAILY.</p>




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Nutritional Messages may vary by school.

Students must take 3-5 Components (Fruit, Vegetable, Grain, Protein, and Dairy). AT LEAST One (1) Component must be a fruit or vegetable.

Main items count as two (2) components. Students have a choice between 1% white milk and skim chocolate milk.

Sunbutter & Jelly sandwiches are available daily and offered as an alternative meal.

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