

# JANUARY

## Junior High School Menu

Monday 6	Tuesday 7	Wednesday 8	Thursday 9	<b>All Meals Served with</b> 1% White Milk or Fat Free Chocolate Milk  <b>Breakfast</b> Students Full Price: Free Adults: \$1.25  <b>Lunch</b> Students Full Price: Free Adults: \$3.50  <b>MENU IS SUBJECT TO CHANGE</b> <b>WITHOUT NOTICE</b>  <b>MILK IS NOT INCLUDED</b> <b>W/ADULT MEALS!</b>  THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER. THE BOARD IS COMMITTED TO A POLICY OF NON-DISCRIMINATION IN RELATION TO RACE, COLOR, SEX, AGE, AND NATIONAL ORIGIN.
Cook's Choice  Cook's Choice	Sausage Cheese Biscuit or Cereal, Juice, Pears, Orange Juice  Taco In a Bag, Refried Beans, Salsa, Slice Peaches or Salad Bar	French Toast Sticks, Syrup or Cereal, Juice, Apple  BBQ Pulled Pork on a Bun, Potato Salad, Green Beans, Mixed Fruit or Salad Bar	Blueberry Muffin, String Cheese or Cereal, Juice, Strawberries  Chili Cheese Hot Dog w/cheese, Sweet Potato Fries, Fruit or Salad Bar	
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	
P.B. & Jelly Sandwich, or Cereal, Juice, Ocean Spray Craisins  Chicken Nuggets, Potato Smiles, Fruit, Ranch Dressing_ or Salad Bar	Cereal, Go-Gurt, or Egg & bacon Biscuit, Juice, Fruit  Bean & Cheese Burritos, Spanish Rice, Mixed Fruit or Salad Bar	Omelet & Ham Biscuit, Peaches or Cereal, 100% Fruit Juice  Salisbury Steak w/ Mashed Potatoes & Gravy, Roll, Steamed Broccoli, Diced Pears or Salad Bar	Egg & Cheese Burritos or Cereal, Juice, Apple, Salsa  Cheeseburger, Lettuce, Tomatoes, French Fries, Grapes or Salad Bar	
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	
No School In Observance Of Martin Luther King Jr.	Egg & Cheese Muffin, or P.B & Jelly Sandwich, Fruit, Fruit Punch  Bean & Cheese Tostadas, Lettuce, Tomatoes, Spanish Rice, Fruit or Salad Bar	Egg & Cheese Burritos or Cereal, Juice, Orange  Grilled Cheese Sandwich, Ranch Style Beans Orange/Pineapple Fruit Cup or Salad Bar	Chorizo & Egg, Burrito w/Salsa or Cereal, Juice, Applesauce  Chicken Nuggets, Roll, Green Beans, Fruit Cocktail, BBQ Sauce or Salad Bar	
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	
Fruit Filled Frudel or Cereal, Juice, Ocean Spray Craisins  Chicken Sandwich w//Lettuce, Tomatoes, Sweet Potatoes Fries, Diced Pears or Salad Bar	Strawberry Frosted Pop-Tarts or Nutri- Grain Bar, String Cheese, Juice, Slice Mangos  Chicken Tacos, Spanish Rice, Refried Beans, or Very Berry Juice or Salad Bar	Blueberry Muffin, String Cheese or Cereal, Juice, Apple Juice  Chicken Patty w/ Mashed Potatoes & Gravy, Biscuit, Spinach, Mixed Fruit or Salad Bar	P.B. & Jelly Sandwich, or Sausage Biscuit,, Juice, Sandwich, Grapes  Mini Corn Dogs, Baked Beans, Diced Peaches, Mustard, Ketchup or Salad Bar	



Food Service  
(520)-466-2125