

**May  
2019**

# John Adams Middle School AFTER SCHOOL MENU

**Meal Prices**

**Students No Charge**  
**Adult \$3.75**

Milk choice available daily.

\*Indicates item may contain pork.

**Allergy Information:**

This menu may contain one or more of the following ingredients: milk, eggs, peanuts, soybeans, tree nuts, and wheat.

~ Average gram (g) of carbohydrate  
Menu subject to change due to product availability and weather delays/cancellations.

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Grilled Chicken Sandwich ~34g Fresh Broccoli ~3g Apple ~21g	2 Cheese-filled Breadsticks w/Pizza Sauce~34g Vegetable Selection Fruit Selection ~15g	3
		WowButter® & Jelly Sandwich~60g	WowButter® & Jelly Sandwich~60g	
6 Yogurt ~15g String Cheese ~1g Gripz Crackers ~20g Fresh Baby Carrots ~5g Craisins ~24g	7 French Bread Pizza w/Pizza Sauce~29g Fresh Cucumber Slices~3g Apple Slices ~8g	8 Egg and Cheese Croissant ~32g Fresh Celery ~2g Plum ~8g	9 Hamburger/Cheeseburger ~31g Vegetable Selection Fruit Juice ~15g	10
WowButter® & Jelly Sandwich~60g	WowButter® & Jelly Sandwich~60g	WowButter® & Jelly Sandwich~60g	WowButter® & Jelly Sandwich~60g	
13 Sunflower Seeds ~6g Cheese Stick ~1g Goldfish Crackers ~14g V Blend Juice ~11g Banana ~23g	14 Hot Dog ~31g Fresh Sugar Snap Peas ~3g Clementine ~9g	15 Grilled Chicken Sandwich ~34g Fresh Broccoli ~3g Apple ~21g	16 Cheese-filled Breadsticks w/Pizza Sauce~34g Vegetable Selection Fruit Selection ~15g	17
WowButter® & Jelly Sandwich~60g	WowButter® & Jelly Sandwich~60g	WowButter® & Jelly Sandwich~60g	WowButter® & Jelly Sandwich~60g	
20 Yogurt ~15g String Cheese ~1g Gripz Crackers ~20g Fresh Baby Carrots ~5g Craisins ~24g	21 French Bread Pizza w/Pizza Sauce~29g Fresh Cucumber Slices~3g Apple Slices ~8g	22 Cook's Choice	23 Cook's Choice	24
WowButter® & Jelly Sandwich~60g	WowButter® & Jelly Sandwich~60g			
27 No School	28	29	30	31