

May  
2019

# John Marshall High School AFTER SCHOOL MENU

## Meal Prices

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

Milk choice available daily.

\*Indicates item may contain pork.

**Cold Entrée Options** located in the shaded areas on the menu.

### 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 Vegetable Selection Apple ~21g	2 Cheese-filled Breadsticks w/Pizza Sauce~34g Vegetable Selection Fruit Selection ~15g	3 Grilled Cheese Sandwich ~37g Fresh Vegetable Selection Fruit Selection ~15g
		Sunflower Seeds and Cheese Pack	Sunflower Seeds and Cheese Pack	Sunflower Seeds and Cheese Pack
6 Boneless Chicken Wings ~17g Fresh Vegetable Selection Fresh Grapes ~8g	7 Hot Dog ~31g Fresh Vegetable Selection Apple Slices ~8g	8 Egg and Cheese Croissant ~32g Fresh Vegetable Selection Plum ~8g	9 Hamburger/Cheeseburger ~31g Fresh Vegetable Selection Fruit Juice ~15g	10 Breaded Chicken Sandwich ~44g Fresh Vegetable Selection Fruit Selection ~15g
Muffin Top and Hardboiled Egg ~33g	Muffin Top and Hardboiled Egg ~33g	Muffin Top and Hardboiled Egg ~33g	Muffin Top and Hardboiled Egg ~33g	Muffin Top and Hardboiled Egg ~33g
13 Pizza Slice ~36g Fresh Vegetable Selection Banana ~23g	14 Cheese Quesadilla ~32g Fresh Vegetable Selection Clementine ~9g	15 Grilled Chicken Sandwich ~34g Fresh Vegetable Selection Apple ~21g	16 Cheese-filled Breadsticks w/Pizza Sauce~34g Vegetable Selection Fruit Selection ~15g	17 Grilled Cheese Sandwich ~37g Fresh Vegetable Selection Fruit Selection ~15g
WowButter® & Jelly Sandwich~28g	WowButter® & Jelly Sandwich~28g	WowButter® & Jelly Sandwich~28g	WowButter® & Jelly Sandwich~28g	WowButter® & Jelly Sandwich~28g
20 Boneless Chicken Wings ~17g Fresh Vegetable Selection Fresh Grapes ~8g	21 Hot Dog ~31g Fresh Vegetable Selection Apple Slices ~8g	22 Egg and Cheese Croissant ~32g Fresh Vegetable Selection Plum ~8g	23 Hamburger/Cheeseburger ~31g Fresh Vegetable Selection Fruit Juice ~15g	24 Breaded Chicken Sandwich ~44g Fresh Vegetable Selection Fruit Selection ~15g
Yogurt and Cheese Pack ~36g	Yogurt and Cheese Pack ~36g	Yogurt and Cheese Pack ~36g	Yogurt and Cheese Pack ~36g	Yogurt and Cheese Pack ~36g
27 No School	28 Cheese Quesadilla ~32g Fresh Vegetable Selection Clementine ~9g	29 Grilled Chicken Sandwich ~34g Fresh Vegetable Selection Apple ~21g	30 Cook's Choice	31 Cook's Choice
Sunflower Seeds and Cheese Pack	Sunflower Seeds and Cheese Pack	Sunflower Seeds and Cheese Pack	Sunflower Seeds and Cheese Pack	Sunflower Seeds and Cheese Pack