



Junior High Lunch Menu September 2022

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>Lunch prices: paid \$3.00, reduced \$0.40 or free</p> <p>Submit a free/reduced meal application to see if you qualify for meal discounts</p>			<p>1. Cheese filled bread sticks or turkey sandwich on w/w bread</p> <p>Caesar salad, marinara sauce, 100% fruit juice</p> <p>milk</p>	<p>2. Pulled pork on w/w bun or cook's choice</p> <p>broccoli slaw, baby carrots, applesauce cup</p> <p>milk</p>
<p>5.</p> 	<p>6. Chicken nuggets or cook's choice</p> <p>romaine salad mix with tomatoes, strawberry cup</p> <p>milk</p>	<p>7. Beef or bean burrito</p> <p>baby carrots, cucumbers, sliced apples and corn chips</p> <p>milk</p>	<p>8. Pizza choice of cheese or pepperoni</p> <p>romaine salad mix, broccoli, peaches and pears</p> <p>milk</p>	<p>9. Breaded chicken breast on w/w bun or cooks choice</p> <p>assorted fruit and vegetables</p> <p>milk</p>
<p>12. Cheese burger or hamburger on w/w bun</p> <p>spring salad mix, cucumbers, apple chips and 100% fruit juice</p> <p>milk</p>	<p>13. Breaded chicken tenderloin strips or pulled pork on w/w bun</p> <p>baked beans, sliced apples and baked chips</p> <p>milk</p>	<p>14. Corn dog or Turkey sandwich on w/w bread</p> <p>potato salad, baby carrots and fruit cup</p> <p>milk</p>	<p>15. Pizza Pocket or Burrito</p> <p>romaine salad mix with tomatoes, pineapple</p> <p>milk</p>	<p>16. Grilled chicken breast on w/w bun or cook's choice</p> <p>assorted fruit and vegetables</p> <p>milk</p>
<p>19. Breaded chicken breast patty on w/w bun or corn dog</p> <p>roasted potatoes, baked beans, strawberry cup and raisins</p> <p>milk</p>	<p>20. Beef nachos or taco</p> <p>Corn chips, lettuce and tomatoes, cheddar cheese cup and 100% fruit juice</p> <p>milk</p>	<p>21. Meatball sub or ham and cheese sandwich</p> <p>baby carrots, celery sticks, marinara sauce, pear cup and applesauce cup</p> <p>milk</p>	<p>22. Pizza choice of cheese or pepperoni</p> <p>spinach salad, cucumbers, sliced apples</p> <p>milk</p>	<p>23. Pork fritter patty on w/w bun or cook's choice</p> <p>assorted fruit and vegetables</p> <p>milk</p>
<p>26. Cheese burger or hamburger on w/w bun</p> <p>fries, strawberry cup and raisins</p> <p>milk</p>	<p>27. Chicken nuggets or ham sandwich on w/w bread</p> <p>romaine lettuce mix, baked beans, tropical fruit mix and 100% fruit juice</p> <p>milk</p>	<p>28. All beef hot dog on w/w bun or bbq pork patty sandwich</p> <p>baby carrots and celery sticks, applesauce cup</p> <p>milk</p>	<p>29. Cheese filled bread sticks or tuna fish sandwich</p> <p>broccoli salad, canned pears and peaches</p> <p>milk</p>	<p>30. Breaded chicken breast patty on w/w bun or cook's choice</p> <p>assorted fruit and vegetables</p> <p>milk</p>

Additional fruits and vegetables are available upon student requests.