

Junior High Lunch Menu October 2022

Lunch prices paid \$3.00, reduced \$0.40 and free

Turn in a Free/ Reduced meal application to see if you qualify for discounted meals.

Meal includes 1 entrée, grains, fruit/vegetables and milk

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>3. cheese burger or hamburger on w/w bun</p> <p>Fries, baby carrots, mandarin oranges or pear cup milk</p>	<p>4. popcorn chicken or ham sandwich on w/w bread</p> <p>celery sticks, canned peaches or fruit/vegetable juice milk</p>	<p>5. burrito or pb and j</p> <p>shredded lettuce with tomatoes, pineapple or juice milk</p>	<p>6. Pepperoni or cheese pizza</p> <p>romaine blend with tomatoes, green grapes or sliced apples milk</p>	<p>7. grilled cheese sandwich or sloppy jo on w/w bun</p> <p>assorted fruit and vegetables milk</p>
<p>10. chicken patty on w/w bun or Breaded fish sandwich</p> <p>assorted fruit and vegetables milk</p>	<p>11. all beef hot dog on w/w bun or turkey sandwich on w/w bread</p> <p>baked beans, potato chips, applesauce cup or strawberry cup milk</p>	<p>12. pizza pocket or cook's choice</p> <p>celery sticks, baby carrots, cucumbers, peaches or fruit cup milk</p>	<p>13. cheese filled bread sticks or peanut butter and jelly sandwich</p> <p>romaine blend with cucumbers, red grapes or canned pears milk</p>	<p>14. meatball sub or cook's choice</p> <p>assorted fruit and vegetables milk</p>
<p>17. chicken nuggets or corn dog</p> <p>assorted fruits and vegetables milk</p>	<p>18. beef nachos or chicken nachos</p> <p>shredded lettuce, tomatoes, fruit juice and corn chips milk</p>	<p>19. pizza pocket or cook's choice</p> <p>assorted fruits and vegetables milk</p>	<p>PIR Day No School</p>	<p>PIR Day No School</p>
<p>24. Chicken tenders or beef sandwich on w/w bread</p> <p>assorted fruits and vegetables milk</p>	<p>25. cheese burger or hamburger on w/w bun</p> <p>celery sticks, baby carrots strawberry cup or applesauce cup milk</p>	<p>26. corn dog or fish nuggets</p> <p>baked beans, potato salad, canned peaches or apple chips milk</p>	<p>27. pepperoni or cheese pizza</p> <p>romaine salad mix, cucumbers, canned pears or grapes milk</p>	<p>28. Hot ham and cheese sandwich or cook's choice</p> <p>assorted fruits and vegetables milk</p>
<p>31. Chicken patty on w/w bun or all beef hotdog</p> <p>assorted fruits and vegetables milk milk</p>				

