

November 2022

John Adams Middle School AFTER SCHOOL MENU

Meal Prices

Students **No Charge**
Adult **\$4.95 – Cash Only**

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.

USDA is an equal opportunity provider, employer, and lender.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Pizza Quesadilla~39g Fresh Fruit Selection Fresh Vegetable Selection	2 French Toast Sticks~43g Chicken Sausage~0g Fruit/Vegetable Selection	3 Breaded Chicken Sandwich~44g Fresh Fruit Selection Fresh Vegetable Selection	4
	Cold Sandwich Option~32g	Cold Sandwich Option~32g	Cold Sandwich Option~32g	
7 Blueberry Muffin~27g Yogurt~15g Cheese Stick~1g Fruit Juice~15g Vegetable Selection	8 No School	9 Boneless Chicken Wings~26g Fresh Fruit Selection Fresh Vegetable Selection	10 Hamburger/ Cheeseburger~29g Fresh Fruit Selection Fresh Vegetable Selection	11
Cold Sandwich Option~32g		Cold Sandwich Option~32g	Cold Sandwich Option~32g	
14 Yogurt~15g String Cheese~1g Snack Cracker Vegetable Selection Craisins~24g	15 Pizza Quesadilla~39g Fresh Fruit Selection Fresh Vegetable Selection	16 French Toast Sticks~43g Chicken Sausage~0g Fruit/Vegetable Selection	17 Breaded Chicken Sandwich~44g Fresh Fruit Selection Fresh Vegetable Selection	18
Cold Sandwich Option~32g	Cold Sandwich Option~32g	Cold Sandwich Option~32g	Cold Sandwich Option~32g	
21 Blueberry Muffin~27g Yogurt~15g Cheese Stick~1g Fruit Juice~15g Vegetable Selection	22 Mini Corn Dogs~35g Fresh Fruit Selection Fresh Vegetable Selection	23 No School	24 No School	25
Cold Sandwich Option~32g	Cold Sandwich Option~32g			
28 Yogurt~15g String Cheese~1g Giant Goldfish Graham~19g Vegetable Selection Craisins~24g	29 Pizza Quesadilla~39g Fresh Fruit Selection Fresh Vegetable Selection	30 French Toast Sticks~43g Chicken Sausage~0g Fruit/Vegetable Selection		
Cold Sandwich Option~32g	Cold Sandwich Option~32g	Cold Sandwich Option~32g		