

Junior High Lunch Menu November 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 components include: 1 entrée, grains, fruit/vegetables and milk. Students must take 3 components with at least ½ c. fruit or vegetable to make a complete meal.

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	1. All beef hot dog on w/w bun or Meatball sub Fruit, veggie and milk	2. Bean and cheese burrito or Chicken Chimichanga Fruit, veggie and milk	3. Pulled pork on w/w bun or Peanut butter and jelly sandwich Fruit, veggie and milk	4 Popcorn chicken or mozzarella sticks Fruit, veggie and milk
7. Chicken tenders or Pork rib patty on w/w bun Fruit, veggie and milk	8. Hamburger on w/w bun or Cheese burger on w/w bun Fruit, veggie and milk	9. Corn dog or Peanut butter and jelly sandwich Fruit, veggie and milk	10. Turkey gravy, mashed potatoes, fruit cup, cranberries, w/w dinner roll, ice cream milk	11. PIR Day No School
14. Beef taco nachos or Chicken taco nachos corn chips Fruit, veggie and milk	15 W/w cheese sandwich or Breaded pork on w/w bun Fruit, veggie and milk	16. Chicken patty on w/w bun or cook's choice Fruit, veggie and milk	17. Pepperoni or Cheese pizza Fruit, veggie and milk	18. Popcorn chicken or cook's choice Fruit, veggie and milk
21. Breaded chicken leg or Beef sandwich on w/w bread Fruit, veggie and milk	22. cook's choice Fruit, veggie and milk	23. Thanksgiving Holiday No School	24. Thanksgiving Holiday No School	25. Thanksgiving Holiday No School
28. Chicken patty on w/w bun or All beef hotdog on w/w bun Fruit, veggie and milk	29. French toast sausage patty Fruit, veggie and milk	30. Hamburger on w/w bun or Cheese burger on w/w bun Fruit, veggie and milk		