



JANUARY | 2023

Grades 7-8

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2 No School</p>	<p>3 No School</p>	<p>4 Breakfast 2 Ct. Poptart Fruit Milk Fruit Juice Lunch Hamburger or Chicken Sandwich Lettuce/Tomato/Onion/Pickle Fries Vegetarian Beans Milk Fruit</p>	<p>5 Breakfast I.W. Pancakes Fruit Milk Fruit Juice Lunch Chicken Tenders or Beef Nuggets W.W. Roll Mashed Potatoes Peas Milk Fruit</p>	<p>6 Breakfast Chicken Biscuit Fruit Milk Fruit Juice Lunch Sliced Pepperoni or Cheese Pizza Seasoned Corn Green Beans Milk Fruit</p>
<p>9 Breakfast Sausage Biscuit Fruit Milk Fruit Juice Lunch Hamburger or Spicy Chicken Sandwich Lettuce/Tomato/Onion/Pickle French Fries Baked Beans Milk Fruit</p>	<p>10 Breakfast I.W. Cinnamon Roll Fruit Milk Fruit Juice Lunch Popcorn Chicken/W.W. Roll or 2 Mozz. Breadstick Broccoli Mashed Potatoes Marinara Cup Milk Fruit</p>	<p>11 Breakfast Chicken Biscuit Fruit Milk Fruit Juice Lunch Corn Dog Nuggets or Fish Sticks Macaroni & Cheese California Blend Vegetables Milk Fruit</p>	<p>12 Breakfast Dutch Waffles Fruit Milk Fruit Juice Lunch Chicken Sandwich or Grilled Cheese Sandwich French Fries Glazed Carrots Milk Fruit</p>	<p>13 Breakfast Biscuit & Gravy Fruit Milk Fruit Juice Lunch Pork BBQ Sandwich or 2 Mozz. Breadsticks/Marinara Quick Baked Potato Milk Fruit Green Beans</p>
<p>16 No School</p>	<p>17 Breakfast I.W. Pancakes Fruit Milk Fruit Juice Lunch Hot Dog /Chili or Turkey Cheese Sub Lettuce/tomato/Onion/Pickle Fries Vegetarian Beans Milk Fruit</p>	<p>18 Breakfast Chicken Biscuit Fruit Milk Fruit Juice Lunch Taco or Chicken Fajita Chips Cheese Salsa Black Beans Corn Milk Fruit</p>	<p>19 Breakfast Dutch Waffle Fruit Milk Fruit Juice Lunch Chicken or Spicy Chicken W.W. Bun Fries Broccoli Lettuce/Tomato/Onion/Pickle Milk Fruit</p>	<p>20 Breakfast Sausage Biscuit Fruit Milk Fruit Juice Lunch Sliced Pepperoni or Cheese Pizza Seasoned Corn Green Beans Milk Fruit</p>
<p>23 Breakfast I.W. Waffles Fruit Milk Fruit Juice Lunch Popcorn Chicken or Fish Sticks W.W. Roll Mashed Potatoes Glazed Carrots Milk Fruit</p>	<p>24 Breakfast 2 Ct.Poptart Fruit Milk Fruit Juice Lunch Spaghetti/ 1 Cheese Breadstick Or Small PB&J Sandwich/ 2 String Cheese Green Beans Milk Fruit</p>	<p>25 Breakfast Chicken Biscuit Fruit Milk Fruit Juice Lunch Hamburger or Hot Dog/Chili W.W. Bun Vegetarian Beans Lettuce/Tomato/Onion/Pickle Milk Fruit Fries</p>	<p>26 Breakfast I.W. Cinnamon Roll Fruit Milk Fruit Juice Lunch Chicken Tenders or Beef Nuggets W.W. Roll Mashed Potatoes Broccoli Milk Fruit</p>	<p>27 Breakfast Biscuit & Gravy Fruit Milk Fruit Juice Lunch Sliced Pepperoni or Cheese Pizza Seasoned Corn Green Beans Milk Fruit</p>
<p>30 Breakfast Sausage Biscuit Fruit Milk Fruit Juice Lunch Hamburger or Chicken Patty W.W. Bun Mixed Vegetables Lettuce/Tomato/Onion/Pickle Milk Fruit Fries</p>	<p>31 Breakfast I.W. Pancakes Fruit Milk Fruit Juice Lunch Pork BBQ/W.W. Bun or 2 Mozz. Breadsticks/ Marinara Quick Baked Potato Milk Fruit Baked Beans</p>	<p>1</p>	<p>2</p>	<p>3</p>

News

Variety Cereal and Cereal Bar offered Daily at Breakfast.
JCMS gets the first entrée Offered.

Tossed Salad offered Daily at JCMS at Lunch.
Salad Bar Offered Daily at JCHS at lunch.

Milk Offered:
1 % White
1% Chocolate

This Institution is an equal opportunity provider.