



FEBRUARY | 2023

Grades 7-12

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | |
|--|--|---|--|---|
| 30 | 31 | 1 Breakfast 2 Ct. Poptart Fruit Milk Fruit Juice Lunch Popcorn Chicken/W.W. Roll or 2 Mozz Breadsticks Marinara Cup Mashed Potatoes Broccoli Milk Fruit | 2 Breakfast I.W. Waffles Fruit Milk Fruit Juice Lunch Corn Dog Nuggets or BBQ/W.W. Bun Macaroni & Cheese California Blend Vegetables Milk Fruit | 3 Breakfast Biscuit & Gravy Fruit Milk Fruit Juice Lunch Chicken Sandwich or Grilled Cheese French Fries Glazed Carrots Milk Fruit |
| 6 Breakfast Sausage Biscuit Fruit Milk Fruit Juice Lunch Chicken Drumstick / Thigh or Beef Nuggets/W.W. Roll Mashed Potatoes Peas Milk Fruit | 7 Breakfast I.W. Cinnamon Roll Fruit Milk Fruit Juice Lunch Hamburger or Hotdog/Chili Lettuce/Tomato/Onion/Pickle French Fries Baked Beans Milk Fruit | 8 Breakfast Chicken Biscuit Fruit Milk Fruit Juice Lunch Chili/Chips/Cheese Quick Baked Potato Glazed Carrots Milk Fruit | 9 Breakfast Dutch Waffle Fruit Milk Fruit Juice Lunch Chicken or Spicy Chicken Sandwich Lettuce/Tomato/Onion/Pickle French Fries Steamed Broccoli Milk Fruit | 10 Breakfast Biscuit & Gravy Fruit Milk Fruit Juice Lunch Pepperoni or Cheese Pizza Corn Green Beans Milk Fruit |
| 13 Breakfast I.W. Cinnamon Roll Fruit Milk Fruit Juice Lunch Chicken Tenders/W.W. Roll or 2 Mozz Breadsticks Marinara Cup Mashed Potatoes Carrots Milk Fruit | 14 Breakfast Breakfast Pizza Fruit Milk Fruit Juice Lunch Hamburger or Grilled Cheese Lettuce/Tomato/Onion/Pickle Vegetarian Beans Fries Milk Fruit | 15 Breakfast Sausage Biscuit Fruit Milk Fruit Juice Lunch Chicken Patty/or Pork Rib Patty W.W. Bun Steamed Broccoli Quick Baked Potato Milk Fruit | 16 Breakfast I.W. Pancakes Fruit Milk Fruit Juice Lunch Corn Dog Nuggets or Orange Chicken/W.W. Roll Mashed Potato Mixed Vegetables Milk Fruit | 17 Breakfast Chicken Biscuit Fruit Milk Fruit Juice Lunch Sliced Pizza Or PB & J Sandwich Corn Green Beans Milk Fruit |
| 20 No School President's Day | 21 Breakfast 2 Ct. Poptart Fruit Milk Fruit Juice Lunch Pork BBQ /W.W. Bun or 2 Mozz. Breadsticks/Marinara Cup Quick Baked Potato Baked Beans Milk Fruit | 22 Breakfast Chicken Biscuit Fruit Milk Fruit Juice Lunch Taco or Chicken Fajita/Chips Lettuce/ Tomatoes Cheese Black Beans Corn Salsa Cup Milk Fruit | 23 Breakfast I.W. Cinnamon Roll Fruit Milk Fruit Juice Lunch Orange Chicken/W.W. Roll or Cheese Quesadilla Mashed Potatoes Broccoli Milk Fruit | 24 Milk Fruit Sausage Biscuit Fruit Milk Fruit Juice Lunch Chicken Patty/W.W. Bun or Grilled Cheese French Fries Glazed Carrots Milk Fruit |
| 27 Breakfast Sausage Biscuit Fruit Milk Fruit Juice Lunch Chicken Drumstick/Thigh or Beef Nuggets/W.W. Roll Mashed Potatoes Peas Milk Fruit | 28 Breakfast I.W. Pancakes Fruit Milk Fruit Juice Lunch Hamburger or Hot Dog/Chili Lettuce/Tomato/Onion/Pickle French Fries Baked Beans Milk Fruit | 1 | 2 | 3 |

News

Variety of Cereal/Cereal Bar offered daily at Breakfast.
JCMS gets first entrée listed.

Choice of Milk offered daily.

Salad Bar offered daily at lunch at JCHS.
Tossed Salad offered daily at JCMS.

Menus subject to change.

This institution is an equal opportunity provider.