

AUGUST | 2023

Grades 7-12



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31	1	2	3	4
7 Breakfast Nutri-Grain Bar/Cereal Fruit Milk Fruit Juice Lunch PB& J Sandwich String Cheese Doritos Boxed Juice Raisins Choice of Milk	8 Breakfast 2 Ct. Poptart Fruit Milk Fruit Juice Lunch Hamburger or Hot Dog/Chili/Bun Lettuce/Tomato/Onion/Pickle French Fries Baked Beans Choice of Milk Fruit	9 Breakfast Cinnamon Roll Fruit Milk Fruit Juice Lunch Chicken Tenders or Beef Nuggets W.W. Roll Mashed Potatoes Broccoli Choice of Milk Fruit	10 Breakfast I.W. Pancakes Fruit Milk Fruit Juice Lunch Chicken or Pork Rib Sandwich Lettuce/Tomato/Onion/Pickle Potato Smiles Mixed Vegetables Choice of Milk Fruit	11 Breakfast Chicken Biscuit Fruit Milk Fruit Juice Lunch Sliced Pepperoni or Cheese Pizza Green Beans Corn Choice of Milk Fruit
14 Breakfast Dutch Waffle Fruit Milk Fruit Juice Lunch Chicken Drumstick or Thigh/ W.W. Roll or Cheese Quesadilla Mashed Potatoes Carrots Choice of Milk Fruit	15 Breakfast Breakfast Pizza Fruit Milk Fruit Juice Lunch Grilled Cheese or Spicy Chicken Sandwich Lettuce/Tomato/Onion/Pickle Quick Baked Potato Broccoli Choice of Milk Fruit	16 Breakfast Bacon & Egg Biscuit Fruit Milk Fruit Juice Lunch Pork BBQ/W.W. Bun or Hamburger French Fries Lettuce/Tomato/Onion/Pickle Baked Beans Milk Fruit	17 Breakfast Cinnamon Pull Apart Fruit Milk Fruit Juice Lunch Corn Dog Nuggets or Beef Nugget/W.W. Roll Green Beans Macaroni & Cheese Choice of Milk Fruit	18 Breakfast Sausage Biscuit Fruit Milk Fruit Juice Lunch Hot Dog/Chili or Turkey Sub Lettuce/Tomato/Onion/Pickle Potato Smiles California Blend Choice of Milk Fruit
21 Breakfast Breakfast Pizza Fruit Milk Fruit Juice Lunch 2 Mozzarella Breadsticks/ Marinara Cup or Grilled Cheese Green Beans Corn Choice of Milk Fruit	22 Breakfast Jelly Biscuit Fruit Milk Fruit Juice Lunch Hamburger or Hot Dog/Chili Lettuce/Tomato/Onion/Pickle French Fries Baked Beans Choice of Milk Fruit	23 Breakfast Cinnamon Roll Fruit Milk Fruit Juice Lunch Popcorn Chicken or Beef Nuggets W.W. Roll Mashed Potatoes Broccoli Choice of Milk Fruit	24 Breakfast I.W. Pancakes Fruit Milk Fruit Juice Lunch Chicken or Pork Rib Sandwich Lettuce/Tomato/Onion/Pickle Potato Smiles Mixed Vegetables Choice of Milk Fruit	25 Breakfast Chicken Biscuit Fruit Milk Fruit Juice Lunch Sliced Pepperoni or Cheese Pizza Green Beans Corn Choice of Milk Fruit
28 Breakfast Dutch Waffle Fruit Milk Fruit Juice Breakfast Chicken Drumstick or Thigh/ W.W. Roll or Cheese Quesadilla Mashed Potatoes Carrots Choice of Milk Fruit	29 Breakfast Breakfast Pizza Fruit Milk Fruit Juice Lunch Grilled Cheese or Spicy Chicken Sandwich Lettuce/Tomato/Onion/Pickle Quick Baked Potato Broccoli Choice of Milk Fruit	30 Breakfast Bacon & Egg Biscuit Fruit Milk Fruit Juice Lunch Pork BBQ/W.W. Bun or Hamburger French Fries Lettuce/Tomato/Onion/Pickle Baked Beans Milk Fruit	31 Breakfast Cinnamon Pull Apart Fruit Milk Fruit Juice Lunch Corn Dog Nuggets or Beef Nuggets/W.W. Roll Green Beans Macaroni & Cheese Choice of Milk Fruit	1

News

Breakfast and Lunch offered at No Cost.

Variety Cereal offered Daily at Breakfast.

JCMS receives first entrée listed.

Tossed Salad offered Daily at JCMS.

Salad Bar Offered Daily at JCHS.

This Institution is an equal opportunity provider.