

SEPTEMBER | 2023

Grades 7-12



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1 No School
4 No School Labor Day	5 Breakfast Jelly Biscuit Fruit Milk Fruit Juice Lunch Hamburger or Hot Dog/Chili Lettuce/Tomato/Onion/Pickle Fries Baked Beans Milk Fruit	6 Breakfast Cinnamon Roll Fruit Milk Fruit Juice Lunch Popcorn Chicken or Beef Nuggets W. W. Roll Mashed Potatoes Broccoli Milk Fruit	7 Breakfast I.W. Pancakes Fruit Milk Fruit Juice Lunch Chicken or Pork Rib Sandwich Lettuce /Tomato/Onion/Pickle Potato Smiles Mixed Vegetables Milk Fruit	8 Breakfast Chicken Biscuit Fruit Milk Fruit Juice Lunch Sliced Pepperoni or Cheese Pizza Green Beans Corn Milk Fruit
11 Breakfast Dutch Waffle Fruit Milk Fruit Juice Lunch Chicken Drumstick or Thigh/ W.W. Roll or Cheese Quesadilla Mashed Potatoes Carrots Milk Fruit	12 Breakfast Breakfast Pizza Fruit Milk Fruit Juice Lunch Grilled Cheese or Spicy Chicken /W.W. Bun Lettuce/Tomato/Onion/Pickle Quick Baked Potato Broccoli Milk Fruit	13 Breakfast Bacon & Egg Biscuit Fruit Milk Fruit Juice Lunch Pork BBQ or Hamburger Lettuce/Tomato/Onion/Pickle Fries Baked Beans Milk Fruit	14 Breakfast Cinnamon Pull Apart Fruit Milk Fruit Juice Lunch Corn Dog Nuggets or Beef Nuggets/W.W. Roll Green Beans Macaroni & Cheese Milk Fruit	15 Breakfast Sausage Biscuit Fruit Milk Fruit Juice Lunch Hot Dog/Chili or Turkey Sub Lettuce/Tomato/Onion/Pickle Potatoes Smiles California Blend Milk Fruit
18 Breakfast Breakfast Pizza Fruit Milk Fruit Juice Lunch 2 Mozz. Breadsticks/ Marinara Cup or Grilled Cheese Green Beans Corn Milk Fruit	19 Breakfast Jelly Biscuit Fruit Milk Fruit Juice Lunch Hamburger or Hot Dog/Chili Lettuce/Tomato/Onion/Pickle Fries Baked Beans Milk Fruit	20 Breakfast Cinnamon Roll Fruit Milk Fruit Juice Lunch Chicken Tenders or Beef Nuggets W.W. Roll Mashed Potatoes Broccoli Milk Fruit	21 Breakfast I.W. Pancakes Fruit Milk Fruit Juice Lunch Chicken or Pork Rib Sandwich Lettuce/Tomato/Onion/Pickle Potato Smiles Mixed Vegetables Milk Fruit	22 Breakfast Chicken Biscuit Fruit Milk Fruit Juice Lunch Sliced Pepperoni or Cheese Pizza Green Beans corn Milk Fruit
25 Breakfast Dutch Waffle Fruit Milk Fruit Juice Lunch Chicken Drumstick or Thigh/ W.W. Roll or Cheese Quesadilla Mashed Potatoes Carrots Milk Fruit	26 Breakfast Breakfast Pizza Fruit Milk Fruit Juice Lunch Grilled Cheese or Spicy Chicken Sandwich Lettuce/Tomato/Onion/Pickle Quick Baked Potato Broccoli Milk Fruit	27 Breakfast Bacon & Egg Biscuit Fruit Milk Fruit Juice Lunch Pork BBQ or Hamburger Lettuce/Tomato/Onion/Pickle Baked Beans Fries Milk Fruit	28 Breakfast Cinnamon Roll Fruit Milk Fruit Juice Lunch Corn Dog Nuggets or Beef Nuggets/W.W. Roll Green Beans Macaroni & Cheese Milk Fruit	29 Breakfast Sausage Biscuit Fruit Milk Fruit Juice Lunch Hot Dog/Chili or Turkey Sub Lettuce/Tomato/Onion/Pickle Potato Smiles California Blend Milk Fruit

News

Breakfast and Lunch Offered at No Cost.

Variety Cereal/Cereal Bar offered Daily at Breakfast.

J.C.M.S. gets first entrée Offered.

Salad Bar Offered Daily at Lunch at J.C.H.S.

Tossed Salad offered Daily at J.C.M.S.

Milk Offered:
1% White and
1% Chocolate

This Institution is an equal opportunity provider.