

# OCTOBER | 2023

## Grades 7-12



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

|   |   |   |   |  |
|---|---|---|---|--|
| <b>2</b><br>Breakfast<br>I.W. Muffins<br>Fruit Milk Fruit Juice<br>Lunch<br>Corn Dog Nuggets or<br>2 Mozz. Breadsticks/<br>Marinara Cup Green Beans<br>Milk Corn Fruit              | <b>3</b><br>Breakfast<br>2Ct. Poptart<br>Fruit Milk Fruit Juice<br>Lunch<br>Hamburger or Hot Dog/Chili<br>Lettuce/Tomato/Onion/Pickle<br>Fries Baked Beans<br>Milk Fruit                              | <b>4</b><br>Breakfast<br>Bacon & Egg Biscuit<br>Fruit Milk Fruit Juice<br>Lunch<br>Popcorn Chicken or<br>Beef Nuggets W.W. Roll<br>Mashed Potatoes Broccoli<br>Milk Fruit               | <b>5</b><br>Breakfast<br>I.W. Pancakes<br>Fruit Milk Fruit Juice<br>Lunch<br>Chicken or Pork Rib Sandwich<br>Lettuce/Tomato/Onion/Pickle<br>Mixed Vegetables Potato Smiles<br>Milk Fruit  | <b>6</b><br>Breakfast<br>Chicken Biscuit<br>Fruit Milk Fruit Juice<br>Lunch<br>Sliced Pizza<br>Green Beans<br>Corn<br>Milk Fruit   |
| <b>9</b><br><br>Fall Break  | <b>10</b><br><br>Fall Break   | <b>11</b><br><br>Fall Break   | <b>12</b><br><br>Fall Break   | <b>13</b><br><br>Fall Break  |
| <b>16</b><br>No School<br>Teacher Work Day  | <b>17</b><br>Breakfast<br>2 Ct. Poptart<br>Fruit Milk Fruit Juice<br>Lunch<br>Hamburger or Hot Dog/Chili<br>Lettuce/Tomato/Onion/Pickle<br>Fries Baked Beans<br>Milk Fruit                            | <b>18</b><br>Breakfast<br>Bacon & Egg Biscuit<br>Fruit Milk Fruit Juice<br>Lunch<br>Orange Chicken or<br>Beef Nuggets W.W. Roll<br>Mashed Potatoes Broccoli<br>Milk Fruit               | <b>19</b><br>Breakfast<br>Cinnamon Roll<br>Fruit Milk Fruit Juice<br>Lunch<br>Sloppy Joe or Spicy Chicken<br>Lettuce/Tomato/Onion/Pickle<br>W.W. Bun Mixed Vegetables<br>Milk Fries Fruit | <b>20</b><br>Breakfast<br>Sausage Biscuit<br>Fruit Milk Fruit Juice<br>Lunch<br>Sliced Pizza<br>Green Beans<br>Corn<br>Milk Fruit  |
| <b>23</b><br>Breakfast<br>Dutch Waffle<br>Fruit Milk Fruit Juice<br>Lunch<br>Popcorn Chicken or<br>Hamburger Steak/Onions/Gravy<br>Mashed Potatoes Broccoli<br>Milk W.W. Roll Fruit | <b>24</b><br>Breakfast<br>Breakfast Pizza<br>Fruit Milk Fruit Juice<br>Lunch<br>Grilled Cheese or Pork BBQ/<br>W.W. Bun Fries<br>Mixed Vegetables<br>Milk Fruit                                       | <b>25</b><br>Breakfast<br>Chicken Biscuit<br>Fruit Milk Fruit Juice<br>Lunch<br>Spaghetti/Meat Sauce/<br>1 Mozz. Breadstick or<br>PB& J/String Cheese Carrots<br>Milk Green Beans Fruit | <b>26</b><br>Breakfast<br>Cinnamon Roll<br>Fruit Milk Fruit Juice<br>Lunch<br>Chicken or Pork Rib Sandwich<br>Lettuce/Tomato/Onion/Pickle<br>Mixed Vegetables Potato Smiles<br>Milk Fruit | <b>27</b><br>Breakfast<br>Sausage Biscuit<br>Fruit Milk Fruit Juice<br>Lunch<br>Hamburger or Hot Dog/Chili<br>Lettuce/Tomato/Onion/Pickle<br>Fries Baked Beans<br>Milk Fruit |
| <b>30</b><br>Breakfast<br>I.W. Muffins<br>Fruit Milk Fruit Juice<br>Lunch<br>Chicken Drumstick or Thigh or<br>Beef Nuggets W.W. Roll<br>Mashed Potatoes Peas<br>Milk Fruit          | <b>31</b><br>Breakfast<br>Cinnamon Roll<br>Fruit Milk Fruit Juice<br>Lunch: Taco in a Bag or<br>Cheese Quesadilla<br>Lettuce/Tomato/Cheese<br>Salsa Corn Black Beans<br>Milk Apple Slices Caramel Cup | <b>1</b>  | <b>2</b>  | <b>3</b>   |

### News

Breakfast and Lunch offered at No Cost.

Cereal Variety and Cereal Bar offered daily at Breakfast.

JCMS gets first entrée offered.

Salad Bar offered daily at JCHS.

Tossed Salad offered Daily at JCMS.

1% White and Chocolate Milk offered at Breakfast and Lunch.

Menus Subject to Change.

This institution is an equal opportunity provider.