

JONESBORO - JUNIOR HIGH

September 25 - November 3



Menu is subject to change without notice, substitutions may be made based on availability and seasonality of food items.
 Breakfast items are listed in orange italics. Lunch entrée choices are listed below in bold type. Every meal includes choice of milk.
 All side items are listed below the calendar and rotate throughout the week.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Mini Cinnamon Cream Cheese Bagels</i> Chicken Pot Pie Turkey & Cheese Sub Spicy Southwest Chicken Salad Bowl & Roll SEP 25	<i>Triple Berry French Toast</i> Sloppy Joe Sandwich Ham & Cheese Baboom Sub Egg Salad Sandwich & Roll SEP 26	<i>Donut</i> Chili Cheese Dog Ham, Roast Beef & Cheese Wrap Chicken Salad & Roll SEP 27 WORLD SCHOOL MILK DAY!	<i>Muffin</i> Chicken Tenders & Rice w/Thai Sate Sauce Grape Chicken Salad Sub All-American Cobb Salad & Roll SEP 28	<i>Sausage Biscuit</i> Salisbury Steak & Gravy w/Roll Turkey & Cheese Sub PopChicken Salad & Roll SEP 29
<i>Oatmeal & Chocolate Chip Bar</i> PopChicken & LoMein Noodles Ham, Turkey & Cheese Sub Ham Chef Salad & Roll OCT 2	<i>Cheese-Stuffed Breadstick</i> Chili Mac Turkey, Mushroom & Swiss Flatbread PopChicken Salad & Roll OCT 3	<i>Cereal Bowl</i> Chicken Meatballs & Gravy w/Roll Ham & Cheese Sandwich Egg Chef Salad w/Roll OCT 4	<i>Muffin</i> Ropa Vieja w/Rice Veggie & Provolone Mediterranean Wrap Tossed Salad w/Cheese & Roll OCT 5	<i>Sausage, Egg & Cheese Biscuit</i> Homestyle Chicken Strips & Roll Turkey & Cheese Sub Veggie Baja Salad w/Roll OCT 6
<i>Breakfast Banana Bread</i> Red Beans & Rice Buffalo Chicken Salad Turkey & Cheese Sub OCT 9	<i>Mini Cinnamon Rolls</i> Teriyaki Chicken Wings & LoMein Noodles Ham & Roast Beef Wrap Ham Chef Salad & Roll OCT 10	<i>Cereal Bowl</i> Mesquite Glazed Drumstick & Roll Ham & Cheese Sub Veggie Baja Salad & Roll OCT 11	<i>French Toast</i> Salisbury Steak & Roll Cheesy Chipotle Panini Turkey Chef Salad & Roll OCT 12	<i>Country Chicken & Egg Biscuit</i> Buzzer Beater Basket & Roll Chicken Caesar Wrap PopChicken Salad & Roll OCT 13
<i>Lucky Charms Cereal Bar</i> Country Fried Steak & Roll Thai Chicken Wrap Greek Chicken Salad & Roll OCT 16	<i>CinnaToast Crunch Pastry</i> Tomato Chicken Alfredo 3-Cheese Sub Ham Chef Salad & Roll OCT 17 NATIONAL PASTA DAY!	<i>Donut</i> Chicken & Veggie Dumplings & Fried Rice Turkey & Cheese Sandwich Buffalo Chicken Salad & Roll OCT 18	<i>Muffin</i> French Toast Sticks w/Syrup & Sausage Chicken BLT & Roll Ham & Cheese Sandwich CONFERENCE DAY OCT 19	<div style="text-align: center;"> School Holiday OCT 20 </div>
<i>Chocolate Chip Breakfast Round</i> Peri Peri Chicken Drumstick & Roll Turkey & Cheese Sub All-America Cobb Salad & Roll OCT 23	<i>Turkey Pancake Wrap</i> Meatloaf & Roll Turkey Caesar Wrap All-American Chef Salad & Roll OCT 24	<i>French Toast Bar</i> Popcorn Chicken & Potato Bowl w/Roll Chicken BLT Sub Egg Salad Platter & Roll OCT 25	<i>Muffin</i> Disco Fries & Biscuit BBQ Chicken & Cheddar Panini All-American Chef Salad & Roll OCT 26	<i>Country Chicken & Egg Biscuit</i> Buffalo Chicken Meatball Mac & Cheese Bowl w/Biscuit Cheesy Chipotle Wrap Greek Chicken Salad & Roll OCT 27
<i>Mini Cinnamon Creamy Cheese Bagels</i> Chicken Pot Pie Turkey & Cheese Sub Spicy Southwest Chicken Salad Bowl & Roll OCT 30	<i>Triple Berry French Toast</i> Sloppy Joe Sandwich Ham & Cheese Baboom Sub Egg Salad Sandwich & Roll OCT 31 NO TRICKS TREAT DAY!	<i>Donut</i> Chili Cheese Dog Ham, Roast Beef & Cheese Wrap Chicken Salad & Roll NOV 1	<i>Muffin</i> Chicken Tenders & Rice w/Thai Sate Sauce Grape Chicken Salad Sub All-American Cobb Salad & Roll NOV 2	<i>Sausage Biscuit</i> Salisbury Steak & Gravy w/Roll Turkey & Cheese Sub PopChicken Salad & Roll NOV 3

JONESBORO 2023-2024

BREAKFAST
 StudentsFREE
 Faculty/Staff \$2.75

LUNCH
 Students FREE
 Faculty/Staff \$4.75

This institution is an equal opportunity provider.

Egg Roll in a Bowl
 LTO LIMITED TIME OFFER

WHEN THIS SYMBOL IS ON THE MENU, **BREAKFAST 4 LUNCH!** IS AN OPTION FOR YOU

THE LUNCH PROGRAM The "Offer Vs Serve" Lunch Program was designed by the federal government to eliminate food waste. This program requires each student (K-12th grade) to choose at least 3 of the 5 components each day. Their choices must include 1 fruit and/or vegetable and at least two more of the items offered. We encourage them to take all five items each day. Lunch serving consists of: Entrée (meat/meat/alternates), fruits, vegetables, grains/breads, assortment of low-fat milk.

EVERYDAY CHOICES: Pizza: Pepperoni or Cheese || Slice of the Specialty Pizza of the Day (check the line for the Specialty Slice-of-the Day!)

CORNER CRUST

EVERYDAY CHOICES: Hamburger -OR- Cheeseburger || Spicy -OR- Regular Breaded Chicken Sandwich || Popcorn Chicken & Roll

GRAB & GO GRILL

MTO-PASTA CHOOSE PASTA: Penne ☞ Spaghetti SERVED WITH: Breadstick ADD: Chicken ☞ Meatballs TOP IT: Marinara ☞ Alfredo ☞ Rosa Sauce ADD: Roasted Veggies • Roasted Mushrooms Tomatoes • ParmCheese	MTO-TORTILLA BAR CHOOSE: Tortilla ☞ Taco Shells ☞ Flour Tortilla ADD: Chicken Fajita Shreds ☞ Beef Taco Meat ADD: Shredded Cheese ☞ Cheese Sauce ADD: Jalapeños • Pico de Gallo • Salsa Onions • Banana Peppers • Sour Cream Romaine Lettuce • Diced Tomatoes	MTO-Deli Day! CHOOSE: Sub Roll ☞ Herb Sub Roll CHOOSE 1: Turkey ☞ Ham ADD 1: Swiss ☞ AmCheese ☞ Pepper Jack ☞ Provolone TOP IT OFF: Romaine • Lettuce • Tomatoes Jalapeños • Dill Pickles • Banana Peppers Black Olives • Onions • Cucumber Slices	MTO-TORTILLA BAR CHOOSE: Tortilla ☞ Taco Shells ☞ Flour Tortilla ADD: Chicken Fajita Shreds ☞ Beef Taco Meat ADD: Shredded Cheese ☞ Cheese Sauce ADD: Jalapeños • Pico de Gallo • Salsa Onions • Banana Peppers • Sour Cream Romaine Lettuce • Diced Tomatoes	MTO-Baked Potato Bar Baked Potato & Roll... then customize CHOOSE: Bean Chili ☞ Diced Ham CHOOSE: Shredded Cheese ☞ Cheese Sauce ☞ Jalapeños TOP IT OFF: Sour Cream
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EVERYDAY SIDES (available seasonally, items rotate each day) Apple fresh/slices • Applesauce • Baby Carrots • Banana • Black Beans • Broccoli/fresh • Celery Sticks • Craisins • Cucumber slices • Diced Peaches • Diced Pears • Edamame • French Fries • Fresh Fruit Cup • Golden Corn • Goldenfish Crackers • Goldfish Grahams • Green Beans • Kickin' Pinto Beans • Mashed Potatoes • Mexican Street Corn • Mixed Fruit • Orange • Peas & Carrots • Pineapple Tidbits • Pretzels • Rainbow Blend Veggies • Raisins • Red Pepper Strips • ScoobyDoo CinnaGrahams • ScoobyDoo Fruit Snacks • Sweet Golden Corn • Tater Tots • Tossed Salad • Warm Cinnamon Peaches • Zucchini/fresh • Apple Juice • Fruit Juice • Grape Juice • Orange Juice

MILK 1% Milk • Chocolate Skim Milk • Lactose-Free Milk



NO TRICKS TREAT DAY!

Eat a café lunch and get a **SPOOKY COOKIE** on October 31!

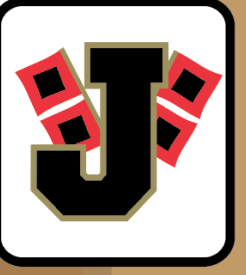


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À La Carte items are available for purchase at all locations. Purchase with either cash or account. À la Carte items may not be charged.



check out Jonesboro's SOCIAL MEDIA for breakfast or lunch updates and more!

