

OCTOBER | 2024

Grades 7-12



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>30</p>	<p>1</p> <p>Breakfast Dutch Waffle Fruit Milk Fruit Juice Lunch PB&J Sandwich String Cheese Doritos Bagged Carrots Boxed Juice Fruit Milk</p>	<p>2</p> <p>Breakfast Chicken Biscuit Fruit Milk Fruit Juice Taco in a Bag Lunch Tortilla Chips Salsa Cup Lettuce/Tomato/Cheese Black Beans Corn Fruit Milk</p>	<p>3</p> <p>Breakfast Lemon Bread Fruit Milk Fruit Juice Lunch Corn Dog Nuggets Macaroni & Cheese Steamed Broccoli Fruit Milk</p>	<p>4</p> <p>Breakfast Biscuit & Gravy/Bacon Fruit Milk Fruit Juice Lunch Chicken Tenders/W.W. Roll Mashed Potatoes California Blend Fruit Milk</p>
<p>7</p> <p>Breakfast Cinnamon Pull Apart Fruit Milk Fruit Juice Lunch Chicken Sandwich Lettuce/Tomato/Onion/Pickle French Fries Mixed Vegetables Fruit Milk</p>	<p>8</p> <p>Breakfast I.W. Pancakes Fruit Milk Fruit Juice Lunch Grilled Cheese Potato Smiles Green Beans Glazed Carrots Fruit Milk</p>	<p>9</p> <p>Breakfast Chicken Biscuit Fruit Milk Fruit Juice Lunch Popcorn Chicken/W.W. Roll Mashed Potatoes Steamed Broccoli Fruit Milk</p>	<p>10</p> <p>Breakfast Pizza Bagel Fruit Milk Fruit Juice Lunch Pork BBQ Sandwich or Lg. PB&J Sandwich Quick Baked Potato Baked Beans Fruit Milk</p>	<p>11</p> <p>Breakfast Sausage Biscuit Fruit Milk Fruit Juice Lunch Hamburger or Hot Dog/Chili Lettuce/Tomato/Onion/Pickle French Fries Corn Fruit Milk</p>
<p>14</p> <p>No School Fall Break</p>	<p>15</p> <p>No School Fall Break</p>	<p>16</p> <p>No School Fall Break</p>	<p>17</p> <p>No School Fall Break</p>	<p>18</p> <p>No Food Fall Break</p>
<p>21</p> <p>Breakfast 2 Ct. Poptart Fruit Milk Fruit Juice Lunch Calzone Green Beans Corn Fruit Milk</p>	<p>22</p> <p>Breakfast Dutch Waffle Fruit Milk Fruit Juice Lunch Popcorn Chicken/W.W. Roll Mashed Potatoes Steamed Broccoli Fruit Milk</p>	<p>23</p> <p>Breakfast Chicken Biscuit Fruit Milk Fruit Juice Lunch Hamburger Lettuce/Tomato/Onion/Pickle French Fries Baked Beans Fruit Milk</p>	<p>24</p> <p>Breakfast Banana Bread Fruit Milk Fruit Juice Lunch Spaghetti 1 Mozzarella Breadstick Mixed Vegetables Fruit Milk</p>	<p>25</p> <p>Breakfast Biscuit & Gravy/Bacon Fruit Milk Fruit Juice Lunch Sliced Pizza Corn Green Beans Fruit Milk</p>
<p>28</p> <p>Breakfast Cinnamon Pull Apart Fruit Milk Fruit Juice Lunch Beef Teriyaki Nuggets W.W. Roll Peas Mashed Potatoes Fruit Milk</p>	<p>29</p> <p>Breakfast I.W. Pancakes Fruit Milk Fruit Juice Taco in a Bag Lunch Tortilla Chips Salsa Cup Lettuce/Tomato/Cheese Black Beans Corn Fruit Milk</p>	<p>30</p> <p>Breakfast Chicken Biscuit Fruit Milk Fruit Juice Lunch Tangerine Chicken Egg Roll Steamed Broccoli Fried Rice with Vegetables Fruit Milk</p>	<p>31</p> <p>Breakfast Pizza Bagel Fruit Milk Fruit Juice Lunch Corn Dog Nuggets Macaroni & Cheese Green Beans Fruit Milk</p>	<p>1</p>

News

Breakfast and Lunch offered daily at No Cost.

Variety Cereal/ Cereal Bar offered daily at Breakfast.

Choice of Milk:
1 % White and
F.F. Flavored Milk

J.C.M.S. Gets First entrée offered.
Fruit Variety offered daily at JCHS.

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

Menus subject to change.

This institution is an equal opportunity provider.