

october JUNIOR HIGH

NATIONAL SCHOOL
Lunch week
October 13-17



BREAKFAST: Student \$2.25 • Adult: a la carte **LUNCH:** Student \$3.75 • Adult: \$5.75

BREAKFAST: Toast or Pop Tart & Cereal offered daily. Includes choice of milk. **LUNCH:** Includes entrée, vegetable, fruit & choice of milk.

<p>29 BREAKFAST Chocolate Filled Crescent OR Pop Tart & Cereal Raisels, Fruit Juice</p> <p>LUNCH Chicken Alfredo w/ Garlic Toast OR BBQ Beef Rib Sandwich OR Strawberry Yogurt Parfait w/ Muffin Steamed Broccoli French Fries Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>	<p>30 BREAKFAST Chicken & Waffles OR Toast & Cereal Raisels, Fruit Juice</p> <p>LUNCH Hamburger/ Cheeseburger OR Fiestada Pizza OR Grilled Cheese Sandwich OR Crispy Chicken Salad w/ Flatbread Bahama Blend French Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p>1 BREAKFAST Mini Cinnis OR Pop Tart & Cereal Raisels, Fruit Juice</p> <p>LUNCH Chicken Tenders OR Chicken Fried Steak Wheat Roll OR Italian Sub Sandwich OR Fruit/Cheese Plate w/ Muffin Mashed Potatoes w/ Cream Gravy Green Beans Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p>2 BREAKFAST French Toast & Scrambled Eggs OR Pop Tart & Cereal Raisels, Fruit Juice</p> <p>LUNCH Soft Beef Tacos w/ Mexican Rice OR Breaded Mozzarella Cheese Sticks w/ Dip OR Crispy Buffalo Chicken Wrap OR Ham/Cheese Sub Sandwich California Blend Refried Beans Fresh Veg. of the Day Fruit Cup, Fruit Juice</p>	<p>3 BREAKFAST Mini Pancake OR Pop Tart & Cereal Raisels, Fruit Juice</p> <p>LUNCH Pepperoni Pizza/ Cheese Pizza OR Crispy Chicken Sandwich OR *Turkey Club Wrap OR Blueberry Yogurt Parfait w/ Muffin Whole Kernel Corn French Fries Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>
<p>6 BREAKFAST Soft Filled Cinnamon Toast Crunch Bar OR Pop Tart & Cereal Raisels Fruit Juice</p> <p>LUNCH Beef/Cheese Nachos OR Hot/Spicy Chicken Sandwich OR Strawberry Yogurt Parfait w/ Muffin Refried Beans French Fries Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>	<p>7 BREAKFAST Breakfast Pizza OR Toast & Cereal Raisels, Fruit Juice</p> <p>LUNCH State Fair Corn Dogs OR Hamburger/ Cheeseburger OR Crispy Buffalo Chicken Salad w/ Flatbread OR Mango Yogurt Parfait w/ Muffin Corn on the Cob French Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice <i>Fair Day Treat</i></p>	<p>8 BREAKFAST Glazed Donut & String Cheese OR Toast & Cereal Raisels, Fruit Juice</p> <p>LUNCH Chicken Nuggets OR Steak Fingers Wheat Roll OR Grilled Cheese Sandwich OR Cold Cut Combo Sub Sandwich Mashed Potatoes w/ Cream Gravy Green Beans Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p>9 BREAKFAST Waffles w/ Strawberries/Cream OR Toast & Cereal Raisels, Fruit Juice</p> <p>LUNCH Beef Lasagna OR Crispy Chicken Drumsticks OR Crispy Caesar Chicken Salad Wheat Roll OR Blueberry Yogurt Parfait w/ Muffin Steamed Broccoli Peas & Carrots Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p>10 BREAKFAST Sausage w/ Biscuit & Gravy OR Pop Tart & Cereal Raisels, Fruit Juice</p> <p>LUNCH Pepperoni Pizza/ Cheese Pizza OR Chilli Frito Pie w/ Texas Toast OR Turkey/Ham/Cheese Sub Sandwich OR Crispy Chicken Wrap Whole Kernel Corn Tater Tots Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>

*Contains Pork

Fresh fruit offered daily

Menu Subject to change due to product availability



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		<p>15 BREAKFAST Fruit Filled Fruited Strudel OR Pop Tart & Cereal Fruit Cup, Fruit Juice</p> <p>LUNCH Chicken Tenders OR Chicken Fried Steak Wheat Roll OR Strawberry Yogurt Parfait w/ Muffin Mashed Potatoes w/Cream Gravy Green Beans Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p>16 BREAKFAST Swirled Brkfst Roll OR Toast & Cereal Raisels, Fruit Juice</p> <p>LUNCH Beef Taco Snack w/ Mexican Rice OR Hot/Spicy Chicken Sandwich OR Grilled Cheese Sandwich OR *Turkey Club Wrap Refried Beans French Fries Fresh Veg. of the Day Fruit Cup, Fruit Juice</p>	<p>17 BREAKFAST Pancakes w/ Sausage Link OR Pop Tart & Cereal Raisels, Fruit Juice</p> <p>LUNCH Pepperoni Pizza/ Cheese Pizza OR Hot Dog w/ Chili & Cheese OR Italian Sub Sand. OR Buffalo Chicken Wrap Steamed Broccoli French Fries Fresh Veg. of the Day Fruit Cup, Fruit Juice</p>
<p>20 BREAKFAST Mini Cinnis OR Pop Tart & Cereal Raisels, Fruit Juice</p> <p>LUNCH Sweet & Sour Chicken w/ Chicken Egg Roll & Seasoned Rice OR Fiestada Pizza OR Strawberry Yogurt Parfait w/ Muffin California Blend French Fries Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>	<p>21 BREAKFAST *Breakfast Taco w/ Eggs/Bacon & Tots OR Toast & Cereal Raisels, Fruit Juice</p> <p>LUNCH Hamburger/ Cheeseburger OR Macaroni/Cheese w/ Fish Nuggets & Hushpuppies OR Crispy Chicken Caesar Salad w/ Flatbread OR Cold Cut Sub Sand. Green Beans, Fries Fresh Veg. of the Day Fruit Cup, Fruit Juice</p>	<p>22 BREAKFAST Cinnamon Roll & String Cheese OR Toast & Cereal Raisels, Fruit Juice</p> <p>LUNCH Chicken Nuggets OR Steak Fingers Wheat Roll OR Fruit/Cheese Plate w/ Muffin OR *Turkey Club Wrap Mashed Potatoes w/Cream Gravy Ranch Beans Fresh Veg. of the Day Fruit Cup, Fruit Juice</p>	<p>23 BREAKFAST Bagel filled w/ Cream Cheese OR Pop Tart & Cereal Raisels, Fruit Juice</p> <p>LUNCH *Pepperoni Calzone/ Cheese Calzone w/ Marinara Dip OR Crispy Chicken Sand. OR Turkey/Ham/Cheese Salad w/ Flatbread OR Blueberry Yogurt Parfait w/ Muffin Steamed Broccoli, Fries Fresh Veg. of the Day Fruit Cup, Fruit Juice</p>	<p>24 BREAKFAST Chicken Biscuit Sandwich OR Toast & Cereal Raisels, Fruit Juice</p> <p>LUNCH Pepperoni Pizza/ Cheese Pizza OR Chicken/Cheese Quesadilla OR Ham/Cheese Croissant Sand. OR Buffalo Chicken Wrap Whole Kernel Corn French Fries Fresh Veg/ of the Day Fruit Cup, Fruit Juice</p>
<p>27 BREAKFAST Mini Pancakes OR Pop Tart & Cereal Raisels Fruit Juice</p> <p>LUNCH Beef/Cheese Nachos OR Hot/Spicy Chicken Sandwich OR Strawberry Yogurt Parfait w/ Muffin Refried Beans French Fries Fresh Vegetable of the Day Fruit Cup Fruit Juice</p>	<p>28 BREAKFAST Waffles w/ Strawberries/Cream OR Toast & Cereal Raisels, Fruit Juice</p> <p>LUNCH Pepperoni Pizza/ Cheese Pizza OR Chopped BBQ Beef Sandwich OR Buffalo Chicken Salad w/ Flatbread OR Turkey/Cheese Wrap Ranch Beans Onion Rings Fresh Veg. of the Day Fruit Cup, Fruit Juice</p>	<p>29 BREAKFAST Breakfast Pizza OR Toast & Cereal Raisels, Fruit Juice</p> <p>LUNCH Chicken Tenders OR Chicken Fried Steak Wheat Roll OR Mango Yogurt Parfait w/ Muffin OR Italian Sub Sand. Mashed Potatoes w/Cream Gravy Green Beans Fresh Veg. of the Day Fruit Cup, Fruit Juice Halloween Treat</p>	<p>30 BREAKFAST Mini Cinnamon Crumb Loaf OR Pop Tart & Cereal Raisels, Fruit Juice</p> <p>LUNCH Spaghetti w/ Meat Sauce & Wheat Roll OR Crispy Chicken Sandwich OR Blueberry Yogurt Parfait w/ Muffin Bahama Blend French Fries Fresh Vegetable of the Day Fruit Cup, Fruit Juice</p>	<p>31 BREAKFAST *Sausage Rolls OR Toast & Cereal Raisels Fruit Juice</p> <p>Early Release LUNCH Hamburger Cheeseburger OR Grilled Cheese Sandwich Baked Chips Baby Carrots Fresh Vegetable of the Day Fruit Cup Wiggles Frt. Juice Gels</p>

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