



Johnson County Middle High School

LUNCH MENU

October 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Students must choose a fruit and/or vegetable at lunch Student meals are served at no charge. Adult meals are \$5.25.	Harvest of the Month: Squash 	Zucchini, yellow, and scallop squashes are three primary summer squashes. To retain the most nutrients, leave their skin on while eating.	BBQ Sandwich or Get Fit Combo Baked Potato & Coleslaw with Fruit & Milk	Salad Bar or Chicken Bacon Ranch Wrap Wrap Toppings Potato Triangles & Veggie Juice with Fruit & Milk
Buffalo Bites & Breadstick or PBJ Combo Fries & Salad with Fruit & Milk	Soft Beef Tacos with Cheese or Get Fit Combo Corn, Salsa, Pinto Beans & Taco Toppings with Cookie, Fruit & Milk	Steak Fingers & Roll or Get Fit Combo Mashed Potatoes & Gravy and Lima Beans with Fruit & Milk Choices	Sweet & Sour Chicken over Rice with Breadstick or PBJ Combo Asian Slaw & Steamed Broccoli with Fruit & Milk	SCHOOL HOLIDAY
SCHOOL HOLIDAY	Ranch Cheeseburger Wrap or PBJ Combo Fries, Baked Beans, & Wrap Toppings, Fruit & Milk Choices	General Tso Chicken & Lo Mein Noodles with Breadstick or Get Fit Combo Veggie Juice & Oriental Blend Veggies with Fruit & Milk Choices	HALF DAY PBJ Uncrustable, String Cheese, Chips with Fresh Veggies, Veggie Juice, Fruit & Milk Choices	Sub Bar & Chips or Chicken Alfredo with Breadstick Steamed Broccoli & Salad with Fruit & Milk
Trojan Bacon Cheeseburger or Get Fit Combo Fries, Burger Toppings, Fresh Veggies with Dip, Fruit & Milk Choices	Chicken Burrito Bowl with Tortilla Chips or Get Fit Combo Corn, Salsa, Black Beans, & Burrito Toppings with Cookie, Fruit & Milk	Mini Corn Dogs or PBJ Combo Glazed Carrots & Lima Beans with Fruit & Milk	Chicken Nuggets & Roll or PBJ Combo Mashed Potatoes & Fresh Veggies & Dip with Fruit & Milk Choices	Wing Bar & Chips or PBJ Combo with Potato Wedges, Salad, Fresh Veggies & Dip
Pizza or Get Fit Combo Fries and Salad with Fruit & Milk	Chicken Tenders & Roll or PBJ Combo Mashed Potatoes & Baked Beans with Fruit & Milk	Buffalo Chicken Dip & Chips or PBJ Combo Fries and Fresh Veggies & Dip with Fruit & Milk	BBQ Sandwich or Get Fit Combo Baked Potato & Coleslaw with Fruit & Milk	Salad Bar or Chicken Bacon Ranch Wrap Wrap Toppings Potato Triangles & Veggie Juice with Fruit & Milk

Milk choices along with chilled and/or fresh fruit offered daily.
All menus are subject to change due to product availability and vendor deliveries.
This institution is an equal opportunity provider, employer, and lender.