

JR/SR High Menu 3-28 to 4-1

Monday

Breakfast

French Toast Stick
Syrup Cup
Cereal
Cheese Stick
Crackers
Apple Sauce
Fruit Juice
Asst Whole Fruit
Milk

Cold Lunch Opt

Grab & Go # 1

*Chicken Bacon Salad
*Wheat Roll
*Apple Slices

Grab & Go # 2

*Italian Hoagie
*Lays Chips
*Orange Wedge
*Carrots w/Ranch

Hot Lunch Option

Fajita Chicken Bowl
OR Chef's Choice
Roasted Corn
Peaches
Apple Churro
Milk

Tuesday

Breakfast

Yogurt Parfait
Granola
Cereal
PopTart
Berry Cup
Dried Fruit Cup
Asst Whole Fruit
Milk

Cold Lunch Opt

Grab & Go # 1

*Chef Salad
*Bread Stick
*Orange Wedges

Grab & Go # 2

*Ham Sandwich
*Pretzel Gold Fish
*Banana
*Celery w/Ranch

Hot Lunch Option

Pasta W/Red Sauce
OR Chef's Choice
Garden Salad Cup
Orange Wedges
Bread Stick
Milk

Wednesday

Breakfast

Bagel
Cream Cheese
Cereal
Cheese Stick
Crackers
Peaches
Fruit Juice
Asst Whole Fruit
Milk

Cold Lunch Opt

Grab & Go # 1

*Garden Salad
*Soft Pretzel
*Banana

Grab & Go # 2

*Turkey Sandwich
*Animal Crackers
*Apple Slices
*Garden Salad Cup

Hot Lunch Option

Pulled Pork
OR Chef's Choice
Coleslaw
Banana
Oatmeal Cookie
Milk

Thursday

Breakfast

Sausage Biscuit
Cereal
Pop Tart
Mixed Fruit
Apple Sauce
Asst Whole Fruit
Milk

Cold Lunch Opt

Grab & Go # 1

*Taco Salad
*Tortilla Chips
*Orange Wedges

Grab & Go # 2

Uncrustable
Fritos
*Apple Slices
*Cucumber Slices

Hot Lunch Option

Cheese Burger
OR Chef's Choice
French Fries
Apple Slices
Fruit Roll Up
Milk

Friday

Breakfast

Berry Smoothie
Animal Crackers
Cereal
Cheese Stick
Crackers
Pears
Berry Cup
Asst Whole Fruit
Milk

Cold Lunch Opt

Grab & Go # 1

*Italian Salad
*Bread Stick
*Apple Slices

Grab & Go # 2

*Soft Pretzels (2)
*Cheese Dip
*Banana
*Veggie Dippers

Hot Lunch Option

Pancakes w/Syrup
OR Chef's Choice
Sausage
Hashbrown Patty
Asst Whole Fruit
Milk