

**MENU for  
OLDS  
JR. HIGH**

**MARCH**

**2019**



This Institution is an Equal Opportunity Provider

Menu subject to change without notice



**NFSD MEAL PRICES FOR 2018-19**

Student Breakfast – No Charge  
Adult Breakfast - \$2.75

Jr./Sr. High Lunch - \$3.05  
Reduced Jr./Sr. High Lunch - \$0.40  
Adult Lunch - \$3.65

**1**  
Asst. Cold Cereals  
Cheese Stick  
Juice / Fruit / Milk  

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Ham & Cheese Sub.  
Chicken & Cheese  
Quesadilla  
Fruit/Salad/Veg/Milk

**4**  
PBJ Sandwich  
Juice / Fruit / Milk  

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Popcorn Chicken  
w/ Choc Chip Muffin  
Cheeseburger  
Fruit/Salad/Veggie  
Milk

**5**  
Strawberry Parfait  
Juice / Fruit / Milk  

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Teriyaki Chicken  
w/ Roll  
French Bread Pizza  
Fruit/Salad/Veggie  
Milk

**6**  
Breakfast Pizza OR  
Banana Benefit Bar\*  
Juice / Fruit / Milk  

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Lasagna Roll Up \*  
w/ Garlic Bread  
Fishwich w/ Cheese\*  
Fruit/Salad/Veggie  
Milk

**7**  
Mini Cinnis  
Apple Juice / Milk  
Can Mix Fruit  

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Sweet Chili Thai  
Chicken w/ Rice  
Pepperoni Calzone  
Fruit/Salad/Veggie  
Milk

**8**  
Asst. Cold Cereals\*  
Yogurt\*  
Juice / Fruit / Milk  

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Chicken Burger  
Double Stuff Pizza\*  
Fruit/Salad/Veggie  
Milk

**11**  
Fresh Baked  
Granola Round  
Yogurt  
Juice / Fruit / Milk  

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Breaded Chicken Leg  
w/ Corn Bread Muffin  
Cheeseburger  
Fruit/Salad/Veggie  
Milk

**12**  
Dutch Waffle  
Juice / Fruit / Milk  

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Nachos w/ Cheese  
Sauce, Refried Beans  
Chix and Cheese  
Quesadilla Rect.  
Fruit/Salad/Veggie  
Milk

**13**  
Breakfast Pizza  
Juice / Fruit / Milk  

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Corn Dog  
w/ Goldfish Cracker  
Chicken Burger  
Fruit/Salad/Veggie  
Milk

**14**  
Egg Patty with  
Cheese on Croissant  
Juice / Fruit / Milk  

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Hot Dog  
Teriyaki Dippers  
w/ Roll  
Emoji Fries  
Fruit/Salad/Milk

**15**  
Asst. Cold Cereals\*  
Cheese Stick\*  
Juice / Fruit / Milk  

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Burrito\*  
Cheeseburger  
Fruit/Salad  
Veggie  
Milk



**18**  
Mini Cinnis  
Juice / Fruit / Milk  

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Boneless Chicken  
Wings, Bread Stix  
Cheeseburger  
Fruit/Salad  
Veggie  
Milk



**19**  
Blueberry Pancakes  
Juice / Fruit / Milk  

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Hamburger Gravy  
over Mashed Potato  
w/ Roll  
French Bread Pizza  
Fruit/Salad/Veggie  
Milk

**20**  
Breakfast Pizza  
Juice / Fruit / Milk  

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Bowl of Chili+Cheese  
w/ Cinn Roll  
Wedge Pizza  
Fruit/Salad/Veggie  
Milk

**21**  
Cinnamon Glazed  
French Toast  
Juice / Fruit / Milk  

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Sweet & Sour  
Chicken w/ Roll  
Chicken Burger  
Fruit/Salad/Veggie  
Milk

**22**  
Asst. Cold Cereals\*  
Cheese Stick\*  
Juice / Fruit / Milk  

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Bosco Sticks  
w/ Marinara Sauce\*  
Turkey & Cheese Sub  
Fruit/Salad/Veggie  
Milk

**25**  
French Toast Stix  
Juice / Fruit / Milk  

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Breaded Chicken Leg  
w/ Scooby Cracker  
Cheeseburger  
Fruit/Salad/Veggie  
Milk

**26**  
Breakfast Dog on Stix  
Juice / Fruit / Milk  

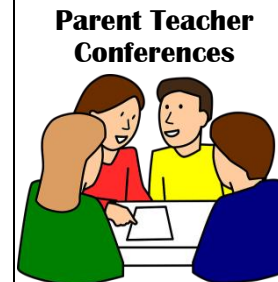
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Turkey Tacos  
Pizza Pocket  
Fruit/Salad/Veggie  
Milk

**27**  
Breakfast Pizza  
Juice / Fruit / Milk  

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PBJ Sandwich  
Fruit / Veggie  
Milk  
Garden Salsa Chips  
**EARLY RELEASE!**



\*Meat free option