



# Junior High August 2019

## Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			1	2	<b>Special News...</b> More Info... <b>Served Daily</b>
5	6	7	8	9	<b>Grab n Go Breakfast Cart</b>  <b>Parfaits</b>  <b>Smoothies</b>
12	13	14	15	16	<b>WG Toast</b>  <b>Hot/Cold WG Cereal</b>  <b>Breakfast Bar</b>
<b>19</b>  Southwest Egg & Cheese w/ Toast  Fresh Apple 100% Fruit Juice	<b>20</b>  Ham & Cheese Roll  Fresh Orange 100% Fruit Juice	<b>21</b>  Egg & Cheese Omelet w/Toast Tater Tots  Cup Applesauce 100% Fruit Juice	<b>22</b>  Ham, Egg & Cheese Pancake SDW  Fresh Banana 100% Juice	<b>23</b>  Egg Sausage & Cheese Burrito  Diced Peaches 100% Juice	<b>Cup Fruit</b>  <b>100% Juice</b>
<b>26</b> Sausage & Cheese Roll  Fresh Apple 100% Juice	<b>27</b> Cheese & Sausage Quesadillas  Fresh Orange 100% Juice	<b>28</b> Eggs & Cheese Tater Tots Chicken & Waffle SDW  Fresh Banana 100% Juice	<b>29</b> Chicken & Waffle SDW  Fresh Banana 100% Juice	<b>30</b> Ham & Cheese Potato Bites  Diced Peaches 100% Juice	<b>Fat Free White &amp; Chocolate Milk</b>  <b>Staff Breakfast \$2.65</b>



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## Lunch Menu

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			1	2	<b>Special News...</b>  More Info...  <b>Served Daily</b>  <b>Fat Free White &amp; Chocolate Milk</b>
5	6	7	8	9	
12	13	14	15	16	
19	20	21	22	23	
26	27	28	29	30	
					<b>Deli Station</b>  <b>Pizza Station</b>  <b>Tortilla Station</b>  <b>Staff Lunch</b>  <b>\$3.75</b>
Meatloaf w/Gravy Mashed Potato Dinner Roll	Nacho Cheese Walking Taco Mexican Corn	Orange Popcorn Chicken w/ Broccoli LoMein	Chipotle Vegetable Bean Chili Spicy Chez It Cracker	Chicken & Biscuit Basket Fresh Carrots	
Fresh Apple Milk	Fresh Orange Milk	Cup Applesauce Milk	Fresh Banana Milk	Fresh Apple Milk	
Country Fried Steak Mashed Sweet Potato Biscuit	Chili Mac w/ Corn Muffin	Waffle Chicken Bowl Hash Browns Chz Scrambled Eggs	General Tso's Beef w/ Vegetables & Rice	Chicken Tagine Cheddar and Chili Flatbread	
Fresh Apple Milk	Fresh Orange Milk	Diced Pears Milk	Fresh Banana Milk	Fresh Apple Milk	