



# Junior High

September  
2019

## Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><b>2</b></p> <p><b>LABOR DAY</b></p> <p><b>NO SCHOOL</b></p>	<p><b>3</b></p> <p>Egg Frittata</p> <p><b>Pineapple Tidbits</b> <b>Orange Juice</b> Milk: Skim, 1% or Chocolate Skim</p>	<p><b>4</b></p> <p>Pancake Melt</p> <p><b>Applesauce,</b> <b>Orange Juice</b> Milk: Skim, 1% or Chocolate Skim</p>	<p><b>5</b></p> <p><b>Tortilla Egg Roll</b></p> <p><b>Mixed Fruit,</b> <b>Pineapple Juice</b> Milk: Skim, 1% or Chocolate Skim</p>	<p><b>6</b></p> <p>Country Chicken &amp; Biscuit</p> <p>Fresh Peach Slices Apple Juice Milk: Skim, 1% or Chocolate Skim</p>	<p><b>Special News...</b></p> <p><b>More Info...</b></p> <p><b>Served Daily</b></p> <p><b>Fat Free White Milk, Chocolate Milk, &amp; Strawberry Milk</b></p> <p><b><u>Pick 3 items to create a meal.</u></b></p> <p><b>Parfaits, Smoothies, WG Toast, Breakfast Bar, Assorted Muffins; Assorted Hot/Cold Cereal; 100% Fruit Juice; Cup of Fruit; String Cheese</b></p>
<p><b>9</b></p> <p><b>Sausage Egg &amp; Cheese Burrito</b></p> <p>Diced Pears, Apple Juice Milk: Skim, 1% or Chocolate Skim</p>	<p><b>10</b></p> <p>Egg Frittata</p> <p><b>Pineapple Tidbits</b> <b>Orange Juice</b> Milk: Skim, 1% or Chocolate Skim</p>	<p><b>11</b></p> <p><b>French Toast Sticks</b></p> <p><b>Applesauce, Grape Juice</b> Milk: Skim, 1% or Chocolate Skim</p>	<p><b>12</b></p> <p><b>Egg Cheese &amp; Sausage Flatbread</b></p> <p><b>Mixed Fruit, Pineapple Juice</b> Milk: Skim, 1% or Chocolate Skim</p>	<p><b>13</b></p> <p><b>Sausage Breakfast Pizza</b></p> <p>Fresh Peach Slices, <b>Orange Juice</b> Milk: Skim, 1% or Chocolate Skim</p>	
<p><b>16</b></p> <p><b>WG Pancakes w/Bacon</b></p> <p>Fresh Banana, Apple Juice Milk: Skim, 1%, or Chocolate Skim</p>	<p><b>17</b></p> <p><b>Ham &amp; Cheese Breakfast Roll</b></p> <p><b>Fresh Grapes,</b> <b>Orange Juice</b> Milk: Skim, 1%, or Chocolate Skim</p>	<p><b>18</b></p> <p>Cinnamon Roll</p> <p><b>Applesauce,</b> <b>Grape Juice</b> Milk: Skim, 1%, or Chocolate Skim</p>	<p><b>19</b></p> <p><b>Cheesy Ham, Egg &amp; Potato Taco</b></p> <p>Fresh Banana, <b>Mixed Fruit,</b> <b>Apple Juice</b> Milk: Skim, 1%, or Chocolate</p>	<p><b>20</b></p> <p><b>Apple Stick</b></p> <p>Diced Peaches, <b>Orange Juice</b> Milk: Skim, 1%, or Chocolate Skim</p>	
<p><b>23</b></p> <p>Southwest Egg &amp; Cheese w/ Toast</p> <p>Fresh Apple 100% Fruit Juice</p>	<p><b>24</b></p> <p>Ham &amp; Cheese Roll</p> <p>Fresh Orange 100% Fruit Juice</p>	<p><b>25</b></p> <p>Scramble Egg, Ham &amp; Cheese Breakfast Bowl w/Toast Tater Tots</p> <p>Cup Applesauce 100% Fruit Juice</p>	<p><b>26</b></p> <p>Sausage Egg &amp; Cheese Pancake SDW</p> <p>Fresh Banana 100% Juice</p>	<p><b>27</b></p> <p>Egg Chicken &amp; Cheese Burrito</p> <p>Diced Peaches 100% Juice</p>	
<p><b>30</b></p> <p>Cheese &amp; Sausage Quesadillas</p> <p>Fresh Apple 100% Juice</p>					



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## Lunch Menu

**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY**

<p><b>2</b></p> <p><b>LABOR DAY</b></p> <p><b>NO SCHOOL</b></p>	<p><b>3</b></p> <p>Sweet &amp; Sour Chicken W/Broccoli &amp; Plain Rice</p> <p>Cup Applesauce, Celery Sticks, Dinner Roll</p>	<p><b>4</b></p> <p>Italian Cheese Pizza Vegetable Salad</p> <p>Fresh Banana Steamed Carrots Cucumber Slices</p>	<p><b>5</b></p> <p>Fish Filet SDW Mac &amp; Cheese</p> <p>Black Chipotle Beans Baby Carrots Cup Diced Pears</p>	<p><b>6</b></p> <p>Chicken Carbone w/ Bacon</p> <p>Tossed Salad Fresh Apples</p>
<p><b>9</b></p> <p>Breaded Drumstick w/Biscuit</p> <p>Mashed Potato Dinner Roll Fresh Orange</p>	<p><b>10</b></p> <p>Chicken Parmesan W/ Spaghetti</p> <p>Green Beans Tomato Wedges Cup Diced Pears</p>	<p><b>11</b></p> <p>Popcorn Chicken Dinner Roll</p> <p>Sweet Potato Fries Spinach Cup Diced Peaches</p>	<p><b>12</b></p> <p>Chicken Nuggets w/ Dinner Roll</p> <p>Steamed Zucchini Squash Tater Tots, Fresh Apples</p>	<p><b>13</b></p> <p>Bacon Cheeseburger</p> <p>Campfire Pinto Beans Fresh Orange Wedges</p>
<p><b>16</b></p> <p>Grilled Cheese SDW</p> <p>Tomato Soup Cup Mixed Fruit</p>	<p><b>17</b></p> <p>Sloppy Joe SDW</p> <p>Green Beans Baby Carrots Cup Diced Pears</p>	<p><b>18</b></p> <p>Country Chicken Bowl</p> <p>Black Chipotle Beans Fresh Celery Cup Fresh Grapes</p>	<p><b>19</b></p> <p>Maple Pancakes Turkey Sausage Patty</p> <p>Cup Fresh Grapes Tater Tots Baby Carrots</p>	<p><b>20</b></p> <p>Popcorn Chicken w/ Dinner Roll</p> <p>Sweet Potato Fries Steam Spinach Cup Diced Peaches</p>
<p><b>23</b></p> <p>Meatloaf w/Gravy Mashed Potato Dinner Roll</p> <p>Fresh Apple Milk</p>	<p><b>24</b></p> <p>Nacho Cheese Walking Taco Mexican Corn</p> <p>Fresh Orange Milk</p>	<p><b>25</b></p> <p>Orange Popcorn Chicken w/ Broccoli LoMein</p> <p>Cup Applesauce Milk</p>	<p><b>26</b></p> <p>Chipotle Vegetable Bean Chili Spicy Chez It Cracker</p> <p>Fresh Banana Milk</p>	<p><b>27</b></p> <p>Spicy Popcorn Chicken &amp; Biscuit Basket Fresh Carrots</p> <p>Fresh Apple Milk</p>

**Special  
News...**

**More  
Info...**

**Served  
Daily**

**Fat Free  
White,  
Strawberry  
&  
Chocolate  
Milk**

**Deli  
Station**

**Pizza  
Station**

**Tortilla  
Station**

**Staff  
Lunch**

**\$3.75**

<p><b>30</b></p> <p>Waffle Chicken Bowl Hash Browns Chz Scrambled Eggs</p> <p>Diced Pears Milk</p>
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