

Junior High School Breakfast Menus 2014-2015					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 1</b>	Sausage Biscuit Cereal Poptart Yogurt Grahams  Chilled Juice Fruit  <b>Healthy Milk Choice</b>	Breakfast Pizza Cereal Poptart Yogurt Oatmeal Bar  Chilled Juice Fruit  <b>Healthy Milk Choice</b>	Biscuit and Gravy Cereal Poptart Yogurt Grahams  Chilled Juice Fruit  <b>Healthy Milk Choice</b>	Breakfast Bites Cereal Poptart Yogurt Oatmeal Bar  Chilled Juice Fruit  <b>Healthy Milk Choice</b>	Scrambled Eggs Mini Pancakes Cereal Yogurt Yogurt Grahams  Chilled Juice Fruit  <b>Healthy Milk Choice</b>
<b>WEEK 2</b>	Chicken Biscuit Cereal Poptart Yogurt Grahams  Chilled Juice Fruit  <b>Healthy Milk Choice</b>	Breakfast Pizza Cereal Poptart Yogurt Oatmeal Bar  Chilled Juice Fruit  <b>Healthy Milk Choice</b>	Biscuit and Gravy Cereal Poptart Yogurt Grahams  Chilled Juice Fruit  <b>Healthy Milk Choice</b>	Scrambled Eggs Cinnamon Toast Cereal Poptart Yogurt Oatmeal Bar  Chilled Juice Fruit  <b>Healthy Milk Choice</b>	Chocolate Chip French Toast Cereal Poptart Yogurt Grahams  Chilled Juice Fruit  <b>Healthy Milk Choice</b>
<b>WEEK 3</b>	Breakfast Pizza Cereal Poptart Yogurt Grahams Chilled Juice Fruit  <b>Healthy Milk Choice</b>	Cinnamon Roll Cereal Poptart Yogurt Oatmeal Bar  Chilled Juice Fruit  <b>Healthy Milk Choice</b>	Biscuit and Gravy Cereal Poptart Yogurt Grahams  Chilled Juice Fruit  <b>Healthy Milk Choice</b>	Scrambled Eggs Waffles Cereal Poptart Yogurt Oatmeal Bar  Chilled Juice Fruit  <b>Healthy Milk Choice</b>	Ultimate Breakfast Round Cereal Poptart Yogurt Grahams  Chilled Juice Fruit  <b>Healthy Milk Choice</b>

Menu subject to change without notice

AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL	MAY
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 27 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

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	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>WEEK 1</b>	<p><b>Choose One Entrée:</b> Pizza Turkey and Cheese Sand. Entrée Chef Salad</p> <p><b>Fruit/Vegetables/Sides:</b> Golden Corn Garden Salad w/Dressing Fruit Choices</p> <p><b>Healthy Milk Choice</b></p>	<p><b>Choose One Entrée:</b> Café Burger w/Cheese PB and J w/ String Cheese Entrée Grilled Chicken Salad</p> <p><b>Fruit/Vegetables/Sides:</b> French Fries Baked Beans Carrots w/Dip Lettuce/Tomato/Pickle Slices Fruit Choices</p> <p><b>Healthy Milk Choice</b></p>	<p><b>Choose One Entrée:</b> Spaghetti &amp; Meat Sauce Chicken Alfredo Turkey and Cheese Sand. Entrée Chef Salad</p> <p><b>Fruit/Vegetables/Sides:</b> Breadstick Steamed Broccoli Romaine Salad w/Dressing Fruit Choices Cookie</p> <p><b>Healthy Milk Choice</b></p>	<p><b>Choose One Entrée:</b> Scrambled Eggs w/ Maple Link Sausage PB and J w/ String Cheese Entrée Breaded Chicken Salad</p> <p><b>Fruit/Vegetables/Sides:</b> Biscuit w/Gravy Hashbrown Grape Tomato Cup w/Dip Fruit Choices</p> <p><b>Healthy Milk Choice</b></p>	<p><b>Choose One Entrée:</b> Chicken Tenders Fish Sandwich Turkey and Cheese Sand. Entrée Chef Salad</p> <p><b>Fruit/Vegetables/Sides:</b> Roll Mashed Potatoes Kale Greens Garden Salad w/Dressing Fruit Choices</p> <p><b>Healthy Milk Choice</b></p>
<b>WEEK 2</b>	<p><b>Choose One Entrée:</b> Bosco Sticks Turkey and Cheese Sand. Entrée Chef Salad</p> <p><b>Fruit/Vegetables/Sides:</b> Golden Corn Garden Salad w/Dressing Carrots w/Dip Fruit Choices</p> <p><b>Healthy Milk Choice</b></p>	<p><b>Choose One Entrée:</b> Hot Dog BBQ on Bun PB and J w/ String Cheese Entrée Grilled Chicken Salad</p> <p><b>Fruit/Vegetables/Sides:</b> French Fries Baked Beans Green Peas and Carrots Fruit Choices</p> <p><b>Healthy Milk Choice</b></p>	<p><b>Choose One Entrée:</b> Oven Fried Chicken Turkey and Cheese Sand. Entrée Chef Salad</p> <p><b>Fruit/Vegetables/Sides:</b> Roll Mashed Potatoes Green Beans Spinach Strawberry Salad Fruit Choices</p> <p><b>Healthy Milk Choice</b></p>	<p><b>Choose One Entrée:</b> Plain or Spicy Chicken Wings PB and J w/ String Cheese Entrée Breaded Chicken Salad</p> <p><b>Fruit/Vegetables/Sides:</b> Roll French Fries Carrots/Celery Sticks w/Dip Fruit Choices Cookie</p> <p><b>Healthy Milk Choice</b></p>	<p><b>Choose One Entrée:</b> Cheesy Chicken Bowl Asian Popcorn Chicken Turkey and Cheese Sand. Entrée Chef Salad</p> <p><b>Fruit/Vegetables/Sides:</b> Roll Rice Steamed Broccoli Spinach &amp; Mandarin Orange Salad Fruit Choices <b>Healthy Milk Choice</b></p>
<b>WEEK 3</b>	<p><b>Choose One Entrée:</b> Salisbury Steak Zesty Grilled Cheese Turkey and Cheese Sand. Entrée Chef Salad</p> <p><b>Fruit/Vegetables/Sides:</b> Roll Mashed Potatoes Carrots w/Dip Green Beans Fruit Choices</p> <p><b>Healthy Milk Choice</b></p>	<p><b>Choose One Entrée:</b> Pizza Baked Ravioli PB and J w/ String Cheese Entrée Grilled Chicken Salad</p> <p><b>Fruit/Vegetables/Sides:</b> Golden Corn Garden Salad w/Dressing Fruit Choices Cookie</p> <p><b>Healthy Milk Choice</b></p>	<p><b>Choose One Entrée:</b> Nacho w/ chips (Chicken or Pork Taco Meat) Turkey and Cheese Sand. Entrée Chef Salad</p> <p><b>Fruit/Vegetable/Sides:</b> Festive Vegetable Blend Refried Bean Melt Garden Salad w/Dressing Lettuce/Salsa/Cheese/Sour Cream Fruit Choices</p> <p><b>Healthy Milk Choice</b></p>	<p><b>Choose One Entrée:</b> Spicy or Breaded Chicken Sand. PB and J w/ String Cheese Entrée Breaded Chicken Salad</p> <p><b>Fruit/Vegetables/Sides:</b> Roll French Fries Steamed Broccoli w/ cheese sauce Garden Salad w/Dressing Trimnings Fruit Choices <b>Healthy Milk Choice</b></p>	<p><b>Choose One Entrée:</b> Turkey &amp; Cheese Sub Ham &amp; Cheese Sub Entrée Chef Salad</p> <p><b>Fruit/Vegetables/Sides:</b> Healthy Whole Grain Snacks Grape Tomato Cup w/Dip Cucumber Cup w/Dip Trimnings Fruit Choices</p> <p><b>Healthy Milk Choice</b></p>

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