



# September 2020

## High School Lunch Menu

Breakfast Cost \$ 1.50  
Lunch Cost \$ 2.75  
Extra Milk \$ .50 each

Monday

Tuesday

Wednesday

Thursday

Friday

<p><b>Daily Milk Choices</b> 1% White 1% Chocolate  WG = Whole Grain</p>	<p><b>1</b> WG Rectangle Pizza <b>OR</b> Crispy Chicken on WG Bun Baked French Fries and Fresh Baby Carrots &amp; Ranch Dip Fruit WG Frosted Cookie</p>	<p><b>2</b> WG Soft Taco with Shredded Cheese <b>OR</b> Cheeseburger on WG Bun Baked French Fries and Mixed Green Salad Fruit</p>	<p><b>3</b> WG Mini Corn Dogs <b>OR</b> BBQ Rib on WG Bun Baked French Fries and Baked Beans Fruit WG Cookie</p>	<p><b>4</b> WG Bosco Sticks with Marinara Sauce <b>OR</b> Tenderloin on WG Bun Baked French Fries and Country Mixed Vegetables Fruit</p>
<p><b>7</b>  <b>No School</b></p>	<p><b>8</b> WG Quesadilla <b>OR</b> Crispy Chicken on WG Bun Baked French Fries and Steamed Carrots Fruit WG Frosted Cookie</p>	<p><b>9</b> Salisbury Steak with Brown Gravy and WG Dinner Rolls <b>OR</b> Cheeseburger on WG Bun Mashed Potatoes and Green Beans Fruit</p>	<p><b>10</b> WG Popcorn Chicken <b>OR</b> BBQ Rib on WG Bun Baked French Fries and Baked Beans Fruit WG Cookie</p>	<p><b>11</b> Cheese Ravioli with WG Breadstick <b>OR</b> Tenderloin on WG Bun Baked French Fries and Corn Fruit</p>
<p><b>14</b>  <b>Manager's Choice</b></p>	<p><b>15</b> Round Pizza <b>OR</b> Crispy Chicken on WG Bun Baked French Fries and Fresh Baby Carrots &amp; Ranch Dip Fruit WG Frosted Cookie</p>	<p><b>16</b> Crispy Chicken Leg with WG Dinner Rolls <b>OR</b> Cheeseburger on WG Bun Mashed Potatoes and Peas &amp; Carrots Fruit</p>	<p><b>17</b> Hot Dog on WG Bun <b>OR</b> BBQ Rib on WG Bun Baked French Fries and Baked Beans Fruit WG Cookie</p>	<p><b>18</b>  <b>Manager's Choice</b></p>
<p><b>21</b> WG Asian Chicken with Fried Rice <b>OR</b> Cheeseburger on WG Bun Baked French Fries and Mixed Green Salad Fruit</p>	<p><b>22</b> WG Toasted Cheese Sandwich <b>OR</b> Crispy Chicken on WG Bun Baked French Fries and Tomato Soup Fruit WG Frosted Cookie</p>	<p><b>23</b> Homemade Turkey &amp; Noodles with WG Dinner Roll <b>OR</b> Cheeseburger on WG Bun Mashed Potatoes and Green Beans Fruit</p>	<p><b>24</b> WG Chicken Tenders <b>OR</b> BBQ Rib on WG Bun Baked French Fries and Black Beans &amp; Corn Fruit WG Cookie</p>	<p><b>25</b> WG Shrimp Poppers <b>OR</b> Tenderloin on WG Bun Baked French Fries and Coleslaw Fruit</p>
<p><b>28</b> Crispy Chicken on WG Bun <b>OR</b> Cheeseburger on WG Bun Baked French Fries and Steamed Spinach Fruit</p>	<p><b>29</b>  <b>Manager's Choice</b></p>	<p><b>30</b> WG Soft Taco with Shredded Cheese <b>OR</b> Cheeseburger on WG Bun Baked French Fries and Mixed Green Salad Fruit</p>	<p><b>USDA REQUIREMENT</b> <i>Students Must be Served ALL of the Components Offered Daily</i></p>	<p><b>Daily Entree Choices-</b> Peanut Butter &amp; Jelly Large Uncrustable <b>OR</b> Entrée Salad with Breadstick</p>

### Breakfast Menu:

**Monday: September 14, 28**  
Egg & Cheese Omelet On Whole  
Grain Croissant

**Monday: September 21**  
Bacon, Egg & Cheese on Biscuit

**Tuesday: September 1, 15, 29**  
Whole Grain Breakfast Pizza

**Tuesday: September 8, 22**  
WG Breakfast Taco

**Wednesday: September 2, 9, 16, 23, 30**  
Sausage & Egg on Biscuit

**Thursday: September 3, 17**  
Biscuit & Sausage Gravy

**Thursday: September 10, 24**  
Bacon, Egg & Cheese Eggstravaganza  
Whole Grain Tortilla

**Friday: September 4, 18**  
Whole Grain Mini Pancake & Sausage  
Wraps, Syrup Cup

**Friday: September 11, 25**  
Ham & Cheese on Whole Grain  
Croissant

### Daily Breakfast Choices

Entrée, Fruit, Juice & Milk  
**OR**  
WG Cereal, Fruit, Juice & Milk  
**OR**  
Choice of Grab & Go Items

8/11/2020

This Menu is subject to change. This institution is an equal opportunity provider. Applications for Free and Reduced meals are available at your school's office or at [www.jcsc.org](http://www.jcsc.org)