



September 2020

Middle School Lunch Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Daily Milk Choices 1% White 1% Chocolate</p> <p>WG = Whole Grain</p>	<p>1 WG Toasted Cheese Sandwich OR Crispy Chicken on WG Bun Tomato Soup WG Goldfish Crackers Fruit</p>	<p>2 Meaty Nachos & Shredded Cheese with WG Baked Scoops or WG Soft Tortilla OR Cheeseburger on WG Bun Corn Fruit</p>	<p>3 WG Mini Corn Dogs OR BBQ Rib on WG Bun Baked Beans Fruit WG Frosted Cookie</p>	<p>4 WG Quesadilla OR Tenderloin on WG Bun Baked Crinkle Fries Fruit</p>
<p>7</p> <p>No School</p>	<p>8 WG Stuffed Crust Pizza OR Crispy Chicken on WG Bun Steamed Carrots Fruit WG Mini Krispie Treat</p>	<p>9 Salisbury Steak with Brown Gravy & WG Dinner Roll & 1 Margarine Cup OR Cheeseburger on WG Bun Mashed Potatoes Fruit</p>	<p>10 WG Popcorn Chicken OR BBQ Rib on WG Bun Baked Beans Fruit WG Cookie</p>	<p>11 WG Crispy Chicken on WG Bun OR Tenderloin on WG Bun Green Peas Fruit</p>
<p>14 WG Crispy Chicken Nuggets OR Cheeseburger on WG Bun Steamed Broccoli Cheetos Puffs Fruit</p>	<p>15 WG Rectangle Pizza OR Crispy Chicken on WG Bun Fresh Baby Carrots & Ranch Dip Fruit Fruit Snack</p>	<p>16 Crispy Chicken Leg with WG Dinner Roll & 1 Margarine Cup OR Cheeseburger on Bun Mashed Potatoes Fruit</p>	<p>17 Hot Dog on WG Bun OR BBQ Rib on WG Bun Baked Beans Fruit WG Frosted Cookie</p>	<p>18</p> <p>Manager's Choice</p>
<p>21 WG Asian Chicken with Fried Rice OR Cheeseburger on WG Bun Mixed Green Salad Fruit</p>	<p>22 WG Bosco Sticks with Marinara Sauce OR Crispy Chicken on WG Bun Steamed Carrots Fruit WG Scooby-Doo Graham Sticks</p>	<p>23 Homemade Turkey & Noodles with WG Dinner Roll & 1 Margarine Cup OR Cheeseburger on WG Bun Mashed Potatoes Fruit</p>	<p>24 WG Chicken Tenders OR BBQ Rib on WG Bun Baked Beans Fruit WG Cookie</p>	<p>25 WG Macaroni & Cheese OR Tenderloin on WG Bun Country Mixed Vegetables Coleslaw Fruit Sidekicks Smoothie</p>
<p>28 WG Personal Pan Pizza OR Cheeseburger on WG Bun Steamed Spinach Fruit</p>	<p>29 WG Toasted Cheese Sandwich OR Crispy Chicken on WG Bun Tomato Soup WG Goldfish Crackers Fruit</p>	<p>30 Meaty Nachos & Shredded Cheese with WG Baked Scoops or WG Soft Tortilla OR Cheeseburger on WG Bun Corn Fruit</p>	<p>Daily Entree Choices- Peanut Butter & Jelly Large Uncrustable OR Entrée Salad with Breadstick</p>	<p>USDA REQUIREMENT <i>Students Must be Served ALL of the Components Offered Daily</i></p>

Breakfast Menu:

Monday: September 14, 28
Egg & Cheese Omelet On WG Croissant

Monday: September 21
Bacon, Egg & Cheese on Biscuit

Tuesday: September 1, 15, 29
WG 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
WG Tortilla

Friday: September 4, 18
WG Mini Pancake & Sausage Wraps
Syrup Cup

Friday: September 11, 25
Ham & Cheese on WG Croissant

Daily Breakfast Choices -
Entrée, Fruit, Juice & Milk
OR
Cereal, Fruit, Juice & Milk
OR
Choice of Grab & Go Items

8/11/20

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