

JCSB – SEPTEMBER 2010

Secondary School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. Breakfast Cheese Toast (2 Slices) Choice of Banana or Cantaloupe Chunks Sliced Pears 100% Fruit juice Choice of Milk Lunch Beef Lasagna w/ Breadstick Garden Salad w/Dressing Choice of Banana or Cantaloupe Chunks Sliced Pears Choice of Milk	2. Breakfast Parfait –Apple Pie Choice of Plum or Sliced Watermelon Rosy Pears 100% Fruit juice Choice of Milk Lunch Oven Baked Chicken w/Roll Broccoli & Cheese Choice of Watermelon Slice or Plum Rosy Pears Choice of Milk	3. Breakfast Pig in Blanket Choice of Tangerine or Apple Sliced Peaches 100% Fruit juice Choice of Milk Lunch Healthy Turkey Wrap Celery Sticks w/Ranch Dressing Choice of Tangerine or Apple Sliced Peaches Choice of Milk
6.  Labor Day	7. Breakfast Cheese Grits Toast w/Jelly Choice of Fresh Orange or Apple Chilled Mixed Fruit 100% Fruit juice Choice of Milk Lunch Beefy, Cheesy Nachos w/ Salsa, Lettuce/Tomato Refried Beans Choice of Fresh Orange or Apple Chilled Mixed Fruit Choice of Milk	8. Breakfast Scrambled Eggs Hot Butter Grits Toast w/Jelly Choice of Banana or Whole Kiwi Mandarin Oranges 100% Fruit Juice Choice of Milk Lunch Spaghetti w/ Breadstick Garden Salad w/Dressing Whole Kiwi or Banana Mandarin Oranges Choice of Milk	9. Breakfast Parfait –Georgia Peach Choice of Watermelon Slice or Plum Rosy Apple Sauce 100% Fruit juice Choice of Milk Lunch Turkey Pot Pie Green Beans Choice of Watermelon Slice or Plum Rosy Apple Sauce Choice of Milk	10. Breakfast Ham & Cheese Biscuit Choice of Tangerine or Apple Mixed Fruit 100% Fruit juice Choice of Milk Lunch Healthy Tuna Wrap Baby Carrots w/ Dip (Ranch Dressing) Choice of Tangerine or Apple Mixed Fruit Choice of Milk
13. Breakfast Breakfast Pizza Choice of Nectarine or Apple Pineapple Tidbits 100% Fruit juice Choice of Milk Lunch Chicken Fries w/Dipping Sauce Steamed Corn Choice of Nectarine or Apple Pineapple Tidbits Choice of Milk	14. Breakfast Hashbrown Casserole Toast w/Jelly Choice of Fresh Orange or Apple Chilled Mixed Fruit 100% Fruit juice Choice of Milk Lunch Turkey & Rice w/Roll Sweet Peas Choice of Fresh Orange or Apple Chilled Mixed Fruit Choice of Milk	15. Breakfast Blueberry Muffins Whole Kiwi or Banana Diced Pears 100% Fruit juice Choice of Milk Lunch Chicken Parmesan w/ Breadstick Steamed Cheese & Broccoli Whole Kiwi or Banana Diced Pears Choice of Milk	16. Breakfast Vanilla Yogurt Graham Cracker's (2 packs) Choice of Watermelon Slice or Plum Rosy Apple Sauce 100% Fruit juice Choice of Milk Lunch Barbeque Sandwich (Turkey) Potato Smiles Choice of Watermelon Slice or Plum Rosy Apple Sauce Choice of Milk	17. Breakfast Sausage Gravy Biscuit Choice of Tangerine or Apple Pineapple Tidbits 100% Fruit juice Choice of Milk Lunch Chef Salad (Includes, Ham, Turkey, Cheese, Cucumbers, Tomatoes, and CROUTONS over a bed of lettuce.) Choice of Tangerine or Apple Pineapple Tidbits Choice of Milk
20. Breakfast Pancake and Sausage on a Stick 100% Fruit Juice Choice of Nectarine or Apple Pineapple Tidbits Choice of Milk Lunch Hot Dog (Chili Cheese Optional) Pickle Spear Baked Beans Choice of Nectarine or Apple Pineapple Tidbits Choice of Milk	21. Breakfast Oatmeal w/Brown Sugar 100% Fruit juice Choice of Fresh Orange or Apple Chilled Mixed Fruit Choice of Milk Lunch Sliced Ham w/ Macaroni & Cheese Dinner Roll Choice of Fresh Orange or Apple Chilled Mixed Fruit Green Beans Choice of Milk	22. Breakfast English Muffins W/Ham & Cheese 100% Fruit Juice Whole Kiwi or Banana Diced Pears Choice of Milk Lunch Baked Ham w/Dinner Roll Whole Kiwi or Banana Diced Pears Sweet Potatoes Choice of Milk	23. Breakfast Toasted Bagel w/Cream Cheese Packet 100% Fruit Juice Choice of Watermelon Slice or Plum Rosy Apple Sauce Choice of Milk Lunch Beef Macaroni Dinner Roll Choice of Watermelon Slice or Plum Rosy Apple Sauce Steamed Corn Choice of Milk	24. Breakfast Sausage Biscuit 100% Fruit Juice Choice of Tangerine or Apple Pineapple Tidbits Choice of Milk Lunch Baked Potato w/ Fixins (Cheese & Diced Ham Choice of Tangerine or Apple Pineapple Tidbits Steamed Broccoli Choice of Milk
27. Breakfast French toast Sticks Sausage Patty Choice of Nectarine or Apple Pineapple Tidbits 100% Fruit Juice Choice of Milk Lunch Chicken Fries Tator Tots Choice of Nectarine or Apple Pineapple Tidbits Choice of Milk	28. Breakfast Breakfast Burrito W/Salsa 100% Fruit juice Choice of Fresh Orange or Apple Chilled Mixed Fruit Choice of Milk Lunch Taco Pie Refried Beans Choice of Fresh Orange or Apple Chilled Mixed Fruit Choice of Milk	29. Breakfast Glazed Cinnamon Roll Raisins Whole Kiwi or Banana 100% Fruit Juice Choice of Milk Lunch Beef Lasagna w/ Breadstick Garden Salad w/Dressing Cucumber Salad Whole Kiwi or Banana Raisins Choice of Milk	30. Breakfast Parfait –Mixed Fruit 100% Fruit juice Choice of Watermelon Slice or Plum Rosy Apple Sauce Choice of Milk Lunch Turkey & Gravy over White Rice Green Beans Dinner Roll Choice of Watermelon Slice or Plum Rosy Apple Sauce Choice of Milk	

Breakfast: Assorted Cereals, Toast w/Jelly, Fresh Fruit, Juice and Milk
Lunch: Fresh Fruits & Vegetables, Sub Sandwiches, Chef Salads, PB&J, & a Variety of Milk

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