



JR. HIGH LUNCH

September 2019

Offered Daily

Cheese Sandwich

Seasonal- Fresh Fruit

1% White Or Fat Free Flavored Milk

Romaine Garden Salad

Buttermilk Ranch Dressing

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>CLOSED LABOR DAY</p>	<p>3</p> <p>Italian Baked Ravioli CHEESY JALAPENO SPAGHETTI W/ BEEF Italian Blend Vegetables Carrot Sticks w/ Ranch 100% Fruit Slush Cup Garlic Bread Stick</p>	<p>4</p> <p>PERSONAL PAN PIZZA (Pepperoni) FRITO PIE Seasoned Corn Fruit of the Month Chilled Mandarin Green Onions/ Shredded Cheese</p>	<p>5</p> <p>CHICKEN FAJITA NACHOS BEEF ENCHILADAS Spanish Rice Santa Fe Blend Veggies Lettuce & Tomato Salad 100% Fruit Slush Cup Jalapeno/Salsa/Pico de Gallo</p>	<p>6</p> <p>CAJUN CHICKEN PO BOY Popcorn Chicken Po Boy Crispy French Fries Seasoned Pinto Beans Burger Salad Chilled Pineapple Tidbits</p>
<p>9</p> <p>KING RANCH CHICKEN SWEDISH MEATBALLS Steamed Rice California Blend Vegetables Chilled Peaches Rolls</p>	<p>10</p> <p>ASIAN SWEET-N-SOUR CHICKEN ASIAN GINGER CHICKEN w/ Steamed Rice Stir-Fry Cabbage 100% Fruit Slush Cup WG Rolls</p>	<p>11</p> <p>RESTAURANT STYLE PIZZA (Cheese/Pepperoni/Supreme) HAM & CHEESE SUB W/ CHEESE Seasoned Corn Romaine Garden Salad Fruit of the Month/ Blushing Pears</p>	<p>12</p> <p>BEEFY QUESADILLA HOT TAMALES W/ CHILI SAUCE Refried Beans Lettuce & Tomato Salad 100% Fruit Slush Cup Jalapeno /Salsa</p>	<p>13</p> <p>BUFFALO CHICKEN SANDWICH SOUTHWEST FISH TACOS Waffle Fries Carrot Sticks/Mexican Street Salad Rosy Applesauce Ketchup/Mustard/Mayo</p>
<p>16</p> <p>LEMON PEPPER CHICKEN GOLDEN CRISPY CHICKEN NUGGETS Mashed Potatoes Green Beans Chilled Mixed Fruit Roll/Cream Gravy</p>	<p>17</p> <p>SPAGHETTI W/ ZEST MEAT SAUCE CAJUN CHICKEN & SAUSAGE ALFREDEAUX Roasted Zucchini Carrot Sticks 100% Fruit Slush Cup Garlic Breadstick</p>	<p>18</p> <p>PERSONAL PAN PIZZA (Cheese/Pepperoni) BAKED POTATO BAR Diced Ham/Chicken Tenders Cheesy Broccoli Romaine Garden Salad Fruit of the Month/Mandarin Oranges</p>	<p>19</p> <p>BEEFY NACHO MEXICAN LAYERED LASAGNA Cilantro Rice/Charro Beans Mexican Street Corn Lettuce & Tomato Salad 100% Fruit Slush Cup Jalapeno /Salsa</p>	<p>20</p> <p>CHICKEN FRIED STEAK SANDWICH CHILI CHEESE BURRITO Crispy Tator Tots Veggie Cup/Ranch Chilled Pineapple Tidbits Ketchup/Mustard/Mayo</p>
<p>23</p> <p>SALISBURY STEAK GOLDEN CRISPY CHICKEN NUGGETS Mashed Potatoes Green Beans Chilled Mixed Fruit WG Roll/Cream Gravy</p>	<p>24</p> <p>ITALIAN SPAGHETTI w/ ZESTY MEAT SAUCE CAJUN CHICKEN & SAUSAGE ALFREDEAUX Roasted Zucchini Carrot Sticks 100% Fruit Slush Cup Garlic Butter Roll</p>	<p>25</p> <p>PERSONAL PAN PIZZA (Cheese/Pepperoni) BAKED POTATO BAR Diced Ham/Chicken Tenders Cheesy Broccoli Romaine Garden Salad Fruit of the Month/Mandarin Oranges</p>	<p>26</p> <p>BEEFY NACHO MEXICAN LAYERED LASAGNA Cilantro Rice/Charro Beans Mexican Street Corn Lettuce & Tomato Salad 100% Fruit Slush Cup Jalapeno /Salsa</p>	<p>27</p> <p>SHRIMP PO BOY RODEO CHEESEBURGER Crispy Tator Tots Cucumber Chips Romaine Garden Salad Chilled Pineapple Tidbits Ketchup/Mustard/Mayo</p>
<p>30</p> <p>MOMMA'S CHICKEN SPAGHETTI TATOR TOT CASSEROLE Glazed Orange Carrots Green Peas Chilled Pineapples Rolls</p>				

	Monday	Tuesday	Wednesday	Thursday	Friday
BASKETS	Lunch Protein Power Pack	Hot N Spicy Chicken Sandwich w/ Tots	Boneless Wings w/ Fries & Roll	Cheeseburger w/ Baked Chips	Double Trouble 2 Cereal 2 Sausage Patties
SALADS	Chef's Salad w/ Diced Turkey	Chef Salad w/ Honey Lemon Chicken	Strawberry Grilled Chicken Salad	Chicken Fiesta Salad	Ham & Cheese Chef's Salad
CREATIVE WORKS	<p>PASTA TOSS Classic Marinara Sauce Alfredo Sauce Meatballs Chicken Fajita Popcorn Chicken Italian Melody Veggies</p>	<p>Build Your Own Rice Bowl Steamed Rice Teriyaki Meatballs /Chicken Guisada Shredded Cheese Tortilla Chips /Roll Lettuce W/ Diced Tomatoes Black Bean And Corn Salad Salsa / Jalapeno/ Green Onions</p>	<p>Nacho Loco Tortilla Chips/ French Fries Taco Beef/Beef Chili/Cheese Sauce Spanish Rice/Refried Beans Lettuce W/ Diced Tomatoes Salsa / Jalapeno Roll</p>	<p>Mac N Cheese Explosion Cheddar Mac N Cheese Three Cheese Mac N Cheese Ground Beef/ Chicken Fajita/ Buffalo Chicken Garlic Bread Stick Sautéed Spinach Siracha Sauce Salsa/ Salsa Verde</p>	<p>Asian Wok Grilled Chicken Popcorn Chicken Zesty Orange Sauce Sweet & Sour Sauce Teriyaki Sauce Steamed Rice/Noodles Asian Stir-Fry/ Orange Green Beans Fortune Cookie</p>