



2018-2019 JUNIOR HIGH FALL LUNCH MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Mandarin Orange Chicken Popcorn Chicken w/ Rice Hot Ham & Cheese Panini Chef Salad PBJ Steamed Broccoli and/or Fresh Veggies Mixed Fruit and/or Fresh Fruits | Chicken Soft Taco Spicy Chicken Sandwich Turkey & Cheese Sub Chef Salad PBJ Steamed Corn and/or Fresh Veggies Chilled Pears and/or Fresh Fruits | NEW Wild Mike's Pizza Cheeseburger Grilled Chicken Sandwich Chef Salad PBJ Brussel Sprouts and/or Fresh Veggies Chilled Peaches and/or Fresh Fruits | Spaghetti w/Meat sauce & Breakstick Mini Corn Dogs Turkey/Ham/Club Sub's Chef Salad PBJ Green Beans and/or Fresh Veggies Chilled Pineapple and/or Fresh Fruits | Breaded Fish Sandwich Philly Steak & Cheese Breaded Chicken Sandwich Chef Salad PBJ Sweet Potato Fries and/or Fresh Veggies Chilled Applesauce and/or Fresh Fruits |
| General Tso's Chicken Pizza Hot Ham & Cheese Panini Chef Salad PBJ Steamed Broccoli and/or Fresh Veggies Mixed Fruit and/or Fresh Fruits | Nacho's w/ Meat & Cheese Spicy Chicken Sandwich Turkey & Cheese Sub Chef Salad PBJ Refried Beans and/or Fresh Veggies Chilled Pears and/or Fresh Fruits | NEW Chili w/ Pretzel Breadstick Cheeseburger Grilled Chicken Sandwich Chef Salad PBJ Green Beans and/or Fresh Veggies Chilled Peaches and/or Fresh Fruits | Breakfast For Lunch Chicken Rings Turkey/Ham/Club Sub's Chef Salad PBJ Roasted Potatoes and/or Fresh Veggies Chilled Pineapple and/or Fresh Fruits | Fish and Shrimp Basket Sriracha Chicken Nuggets Breaded Chicken Sandwich Chef Salad PBJ Sweet Potatoes and/or Fresh Veggies Chilled Applesauce and/or Fresh Fruits |
| BC Burger Pork BBQ Sandwich Hot Ham & Cheese Panini Chef Salad PBJ Steamed Broccoli and/or Fresh Veggies Mixed Fruit and/or Fresh Fruits | Walking Taco w/ Beef Spicy Chicken Sandwich Turkey & Cheese Sub Chef Salad PBJ Brussel Sprouts and/or Fresh Veggies Chilled Pears and/or Fresh Fruits | NEW Cheesy Ham & Rice Casserole Cheeseburger Grilled Chicken Sandwich Chef Salad PBJ Baked Beans and/or Fresh Veggies Chilled Peaches and/or Fresh Fruits | Chicken & Noodles w/ Roll Pizza Turkey/Ham/Club Sub's Chef Salad PBJ Mashed Potatoes/ Green Beans or Fresh Veggies Chilled Pineapple and/or Fresh Fruits | Bosco Bread Sticks Chicken Tenders w/Gravy Breaded Chicken Sandwich Chef Salad PBJ Steamed Carrots and/or Fresh Veggies Chilled Applesauce and/or Fresh Fruits |

| August 2018 | | | | | | |
|-------------|----|----|----|----|----|----|
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| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

| September 2018 | | | | | | |
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| October 2018 | | | | | | |
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| November 2018 | | | | | | |
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| December 2018 | | | | | | |
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| January 2019 | | | | | | |
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| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
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| February 2019 | | | | | | |
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| March 2019 | | | | | | |
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| April 2019 | | | | | | |
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| May 2019 | | | | | | |
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| June 2019 | | | | | | |
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| July 2019 | | | | | | |
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| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |



Make sure you Visit your café on Wednesday's for NEW menu items.

*Chef's Choice

Lunch Meals consist of 5 components
 Protein, Grain, Fruit, Vegetable, and Milk
 Choice of Non-Fat Milk or Low-Fat Milk
 (White, Strawberry, Vanilla or Chocolate)
 Students must choose at least a fruit and/or vegetable
 and 2 additional components.
 Each entrée consists of grain and protein
 Student Lunch Prices: \$2.90 / Reduced .40¢
 Student Breakfast Prices: \$1.80 / Reduced .30¢
 Adults: \$3.45 lunch and \$2.20 Breakfast



Menu may change without notice.

