

May

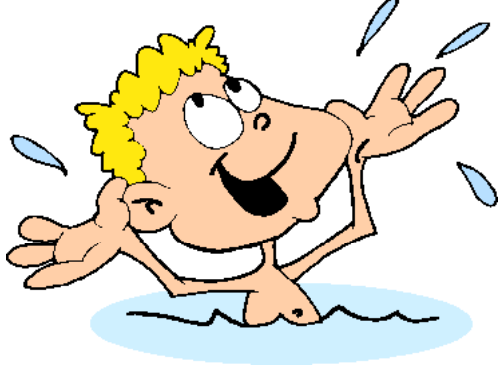
JCHS STAFF MENU










Eating Healthy

gives you the energy to conquer the adventures of the outdoors.

OUTDOOR FUN!



Monday	Tuesday	Wednesday	Thursday	Friday
1 Baked Chicken w/Hot Roll or Pork Tenderloin Sandwich	2 Turkey Roast w/Hot Roll or Cheese Enchiladas	3 Garlic Parmesan Chicken Sub or Reuben Sandwich	4 Spicy Tuna Slider or Chicken Fajitas	5 SCHOOL LUNCH HERO DAY Spaghetti & Meat Sauce or Cheeseburger 
8  Roast Beef w/Hot Roll or Crispy Chicken Filet Sandwich	9 Meat Loaf w/Hot Roll or Ham & Beans w/Cornbread	10 Nacho Bar or Baked Chicken w/Hot Roll 	11 Cheesy Chicken Pasta or Spicy Chicken Filet Sandwich	12 BBQ Rib Sandwich or Shepherd's Pie w/Hot Roll 
15 General Tso's Chicken w/Rice or Tornados	16 Chicken Supreme w/Rice or Taco Bar 	17 Crispy Chicken Filet Sandwich or heeseburger	18 3 Hr Early Release No Adult Cafeteria 	19 

Available Daily for Lunch

- PB& J Sandwich
- Deli Sandwich
- Yogurt Bundles

Menus Subject to Change

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