

NOVEMBER

JCHS MENU





Good Nutrition-What is it?




Good nutrition means getting the calories needed for energy and the nutrients needed for proper growth.

Keys to Good Nutrition
Variety, Balance, and Moderation

Get your
School Lunch



Mon	Tues	Wed	Thurs	Fri
2 Pepperoni Bosco Breadsticks or BBQ Rib Sandwich or Cheeseburger 	3 Crispy or Spicy Chicken Fillet or Tornados or Hot Dog Bar	4 Golden or Spicy Tenders or Philly Beef Sandwich or Quesadilla	5 Pasta Bar w/Garlic Breadstick or Turkey Club or Spicy Chicken 	6 Pizza or General Tso's Chicken w/Rice

Mon	Tues	Wed	Thurs	Fri
9 Mozzarella Cheese Sticks w/Toast or Hot Ham & Cheese or Popcorn Chicken	10 Crispy or Spicy Chicken Fillet or BBQ Pork Sandwich or Burrito Bake Chips w/M meal	11  Spicy Wings or BBQ Wings w/Biscuit or Chicken Vegetable Soup & Turkey Sandwich VETERANS DAY 	12  Taco Bar or Hot Sub or Pepperoni Bosco Breadsticks	13 Pizza or Fish Sticks w/Mac & Cheese or Mini Corn Dogs

MISSION: NUTRITION



myschoolbucks.com

Available Daily for Lunch

- PB & J Sandwich
- Deli Sandwich

Menus Subject to Change

This institution is an equal opportunity provider.

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What's on Your Tray? Word Search

U	N	C	P	D	A	L	A	S	P	A	G	N	R
L	L	O	R	T	A	E	H	W	E	L	O	H	W
B	O	J	A	I	R	V	O	E	V	A	L	C	S
A	H	P	W	S	E	A	L	E	I	U	K	N	P
L	N	I	A	P	P	L	E	T	R	L	U	A	
A	K	Z	T	A	W	R	L	P	A	A	I	L	G
N	I	Z	I	U	C	A	P	O	E	D	M	L	H
C	M	A	J	L	H	D	A	P	T	R	I	M	O
E	M	T	A	L	I	A	A	C	A	I	O	T	
D	I	E	F	O	L	L	E	T	B	N	K	H	T
A	L	A	D	O	L	G	N	O	R	T	S	C	I
O	R	A	N	G	E	R	I	C	E	A	A	S	B
S	T	Z	Z	W	D	T	P	S	E	K	Y	A	M
I	L	O	C	C	O	R	B	P	I	Z	H	A	H

Find the healthy foods in the word search. Words may be written forwards, backwards or diagonally.

Broccoli	Pineapple
Chilled	Pizza
Pear	Apple
Fajita Wrap	Salad
Kiwi	Orange Rice
Skim Milk	Spaghetti
Sweet Potato	Whole Wheat Roll

Mon	Tues	Wed	Thurs	Fri
16 Mozzarella Bosco Breadsticks or Meatball Sub or Smoked Chicken Sandwich 	17 Crispy or Spicy Chicken Fillet or Chili w/Pizza Toast or Cheeseburger	18 Early Release Chicken Nuggets or Grilled Cheese w/Tomato Soup or Quesadilla	19 Thanksgiving Dinner Turkey Roast & Gravy w/Hot Roll or Crispitos or Spicy Chicken Pumpkin Pie w/Meanl 	20 Pizza or Chicken Stir Fry w/Rice or Crispitos
23 Pepperoni Bosco Breadsticks or Nacho Bar Chocolate Star Bar Ice Cream w/Meanl 	24 Hot Dog Bar or Cheeseburger or Pizza	25 26 27 THANKSGIVING BREAK NOVEMBER 25-27 TH 		
30 Hamburger or Cheeseburger or Ravioli & Garlic Toast or Garlic Cheese Bread or Corn Dog	Dec 1 Crispy or Spicy Chicken Fillet or Broccoli Cheese Soup w/Muffin or Cheeseburger or Burrito Bar	2 BBQ Chicken Legs w/Biscuit or Vegetable Beef Soup & Turkey Wrap or Quesadilla	3 Taco Crunch or Cheesy Pretzel Bun or Crispitos Cookie w/Meanl	4 Pizza or Chicken & Noodles w/Hot Roll or BBQ Rib Sandwich