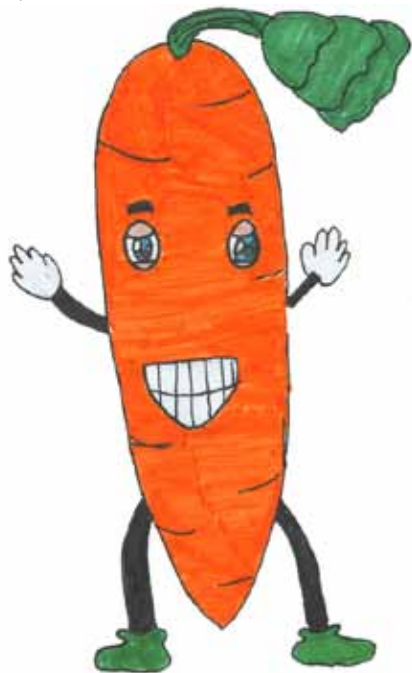


NOVEMBER

JCHS Adult Menu



MAKE HALF YOUR PLATE
FRUIT AND VEGETABLES



Daily Fruit Choices

Fresh, Canned, Frozen or Dried
or 100% Fruit Juice


Daily Vegetable Choices

Fresh Veggies, Side Salad,
Hot Canned or Frozen Vegetable

Available Daily for Lunch

- PB & J Sandwich
- Deli Sandwich
- Yogurt Bundles
- Salad bar

Menus Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Meatloaf w/Hot Roll or Spicy Chicken Filet	2 Chicken Marinara w/Pasta or Turkey Wrap	3 Chili w/Cinnamon Roll or BBQ Chicken Legs w/Cinnamon Roll
6 Hot Dog Bar or Hot Roast Beef Sandwich	7 Chicken Tetrazzini or BBQ Pork Sandwich	8 Early Release Reuben Sandwich or Corn Dog	9 Pork Stew w/Biscuit or Ham & Beans w/Cornbread	10 Pasta Bar or Crispy Chicken Filet Sandwich
13 Chicken Tenders w/Hot Roll or Country Fried Steak & Gravy w/Hot Roll	14 Meatball Sub or Chili w/Cinnamon Roll	15 Meatloaf w/Hot Roll or Cuban Sandwich	16 Thanksgiving Dinner Turkey Roast & Gravy w/Hot Roll or Spaghetti & Meatsauce w/Hot Roll Pumpkin Pie w/Meal	17 Chicken Alfredo or Spicy Chicken Filet Sandwich
20 Chicken Supreme w/Rice or BBQ Pork Sandwich	21 Hot Dog or Spicy Chicken Filet Sandwich	THANKSGIVING BREAK NOVEMBER 22-24TH		
27 Hot Roast Beef & Gravy w/Hot Roll or Southwest Chicken Tornados	28 Chicken Oriental w/Rice or BBQ Hamburger	29 Reuben Sandwich or Pasta Bar	30 Chicken Divan or Spicy Chicken Filet Sandwich	Dec 1 Taco Pie w/Cornbread or Ham & Beans w/Cornbread

