

NOVEMBER

JCHS 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

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Tornados or BBQ Pork Sandwich or Pizza	2 White Chicken Chili w/Cinnamon Roll or Chicken Wings w/Cinnamon Roll or Chicken Tenders w/Bread	3 Pizza or Sweet & Sour Chicken w/Rice or Hamburger or Cheeseburger
6 Chicken Tenders w/Biscuit or Ham/Cheese Pretzel & Soup or Ravioli w/Garlic Toast	7 Crispy or Spicy Chicken Filet or French Bread Cheesy Garlic or Nacho Bites w/Queso	8 Early Release Hot Dog or BBQ Rib Sandwich or Pizza	9 Spaghetti w/Garlic Toast or Chicken Nuggets w/Garlic Toast or Beef Tornados	10 Pizza or Chicken Fajitas or Pretzel w/Cheese
13 Pepperoni Bosco Breadsticks or Deli Sub & Gumbo or Hot Roast Beef	14 Crispy or Spicy Chicken Filet or Nacho Bites w/Cheese or BBQ Chicken Leg w/Garlic Bread	15 Hamburger or Cheeseburger or Little Smokies w/Texas Toast or Popcorn Chicken	16 Thanksgiving Dinner Turkey Roast & Gravy w/Hot Roll or Mini Corn Dogs Pumpkin Pie w/Meal	17 Pizza or General Tso Chicken w/Rice or Corn Dog
20 Mozzarella Cheese Sticks w/Garlic Toast or Nacho Bar or Spicy Chicken Filet	21 Pizza or Cheeseburger or Crispy Chicken Filet Ice Cream w/Meal	22	THANKSGIVING BREAK NOVEMBER 22-24TH	
27 Mozzarella Bosco Breadsticks or Turkey Panini & Soup or Chicken Buffalo Pizza	28 Crispy or Spicy Chicken Filet or Pizza Quesadilla or Burrito Bar	29 Toasted Ravioli w/Garlic Toast or Chicken Tenders w/Biscuit or Hot Dog Bar	30 Tacos or Meatball Sub or Lasagna w/Hot Roll or Crispitos	Dec 1 Pizza or Egg Roll & Chicken Oriental or Cheeseburger

