

September

JCHS ADULT
MENU



Mix it Up

Fruit Veggies



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Mon	Tues	Wed	Thurs	Fri
<p><i>Fresher Up Your Meal!</i></p>				
<p>4</p> <p>No School</p>	<p>5</p> <p>Chicken Supreme w/Rice or Chicken Strips w/Rice</p>	<p>6</p> <p>Meatloaf w/Hot Roll or Southwest Tornados</p>	<p>7</p> <p>Hot Dog Bar or Spicy Tuna Sliders</p>	<p>8</p> <p>Spaghetti & Meat Sauce or Spicy Chicken Filet Sandwich</p>
<p>11</p> <p>BBQ Chicken Legs w/Biscuit or Enchiladas</p>	<p>12</p> <p>Taco Pie w/Cornbread or Chicken Divan w/Cornbread</p>	<p>13</p> <p>Reuben Sandwich or Country Fried Steak & Gravy w/Hot Roll</p>	<p>14</p> <p>Nacho Bar or Roasted Turkey w/Hot Roll</p>	<p>15</p> <p>Cheeseburger or BBQ Pork Sandwich</p>
<p>18</p> <p>Pasta Bar or Spicy Chicken Filet Sandwich</p>	<p>19</p> <p>Spicy Tuna Sliders or General Tso's Chicken w/Rice</p>	<p>20 Early Release</p> <p>Meatloaf w/Hot Roll or BBQ Rib Sandwich</p>	<p>21</p> <p>Hot Roast Beef Sandwich or Lasagna w/Flat Bread</p>	<p>22</p> <p>Pepperoni Calzone or Nacho Bar</p>
<p>25</p> <p>Chicken Stir Fry w/Rice or Enchiladas</p>	<p>26</p> <p>Chicken Alfredo or Chicken Fajita Sub</p>	<p>27</p> <p>Reuben Sandwich or Tornados</p>	<p>28</p> <p>Roasted Turkey w/Hot Roll or Toasted Ravioli w/Marinara Sauce</p>	<p>29</p> <p>Spaghetti & Meat Sauce or Country Fried Steak Sandwich</p>

