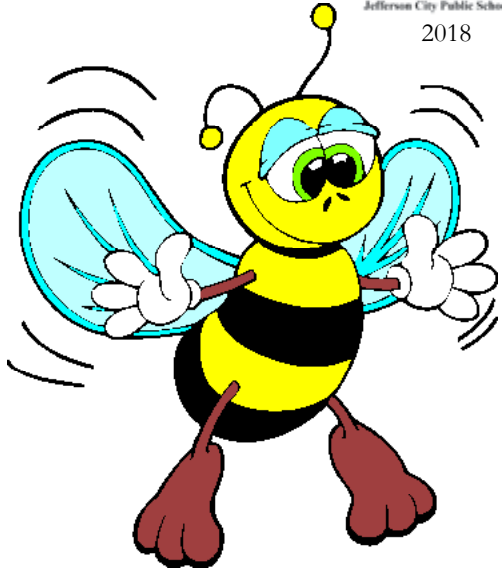


# September

## JCHS BREAKFAST MENU







2018



THEY KEEP BUZZING  
ABOUT FRUITS AND  
VEGETABLES

MAKE HALF YOUR PLATE  
FRUITS & VEGGIES



Monday	Tuesday	Wednesday	Thursday	Friday
3 No School 	4 Breakfast Sandwich or Cereal & Toast	5 Pancake Sausage Stick or Cereal & Toast	6 Biscuit & Gravy or Cereal & Toast	7 Donut Holes & Toast or Cereal & Toast
10 Scrambled Eggs & Toast or Cereal & Toast	11 Breakfast Sandwich or Cereal & Toast	12 Tornado & Toast or Cereal & Toast	13 Biscuit & Gravy or Cereal & Toast	14 Mini Cinnis & Toast or Cereal & Toast 
17 Homemade Burrito & Toast or Cereal & Toast	18 Breakfast Sandwich or Cereal & Toast 	19 Waffles & Syrup or Cereal & Toast	20 Biscuit & Gravy or Cereal & Toast	21 Long John Donut & Toast or Cereal & Toast 
24 Scrambled Eggs & Toast or Cereal & Toast	25 Breakfast Sandwich or Cereal & Toast	26 <b>Early Release</b> Tornado & Toast or Cereal & Toast	27 Biscuit & Gravy or Cereal & Toast	28 Cinnamon Roll & Toast or Cereal & Toast

### Available Daily for Lunch

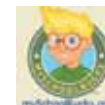
- PB & J Sandwich
- Deli Sandwich
- Yogurt Bundles
- Garden Bar

Menus Subject to Change

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### Milk Served Daily

- Skim Milk
- 1% Milk
- Fat Free Strawberry Milk
- Fat Free Chocolate Milk



# September


JCHS MENU

2018



THEY KEEP BUZZING ABOUT FRUITS AND VEGETABLES  
MAKE HALF YOUR PLATE FRUITS & VEGGIES



Monday	Tuesday	Wednesday	Thursday	Friday
3 No School 	4 Spicy or Crispy Chicken Sandwich or French Bread Pizza	5 Chicken Tenders w/Bread Item or BBQ Pork Sandwich	6 Mexican Tacos or Hot Dog	7 Choice of Pizza or General Tso's Chicken w/Rice
10 Pepperoni Bosco Breadsticks or Broccoli Cheese Soup & Sandwich	11 Spicy or Crispy Chicken Sandwich or Mozzarella Sticks w/Marinara Sauce	12 Popcorn Chicken w/Bread Item or Tornados	13 Lasagna or Crisпитos 	14 Choice of Pizza or Fish Sticks w/Mac & Cheese
17 Mozzarella Bosco Breadsticks or BBQ Rib Sandwich	18 Spicy or Crispy Chicken Sandwich or Nacho Bites w/Queso 	19 Chicken Nuggets w/Bread Item or Pizza Flatbread Sandwich	20 Mexican or Toasted Ravioli w/Garlic Toast	21 Choice of Pizza or Hot Ham & Cheese Sandwich 
24 Pepperoni Bosco Breadsticks or Hamburger or Big Macs	25 Spicy or Crispy Chicken Sandwich or Meatball Sub	26 <b>Early Release</b> Spicy or BBQ Wings w/Bread Item or Tornados	27 Spaghetti w/Meat Sauce w/Garlic Biscuit or Corn Dog	28 Choice of Pizza or General Tso's Chicken w/Rice

**Available Daily for Lunch**

- PB & J Sandwich
- Deli Sandwich
- Yogurt Bundles
- Garden Bar

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- Fat Free Strawberry Milk
- Fat Free Chocolate Milk



# September



## JAY BAR MENU

2018



THEY KEEP BUZZING ABOUT FRUITS AND VEGETABLES  
MAKE HALF YOUR PLATE FRUITS & VEGGIES



Monday	Tuesday	Wednesday	Thursday	Friday
3 No School 	4 Pizza or Hamburgers or Tornados	5 Pizza or Hamburgers or Spicy Chicken Sandiwch	6 Pizza or Hamburgers or Crispy Chicken Sandwich	7 Pizza or Hamburger or Mini Corn Dogs
10 Pizza or Hamburgers or Pepperoni Bosco Breadsticks	11 Pizza or Hamburgers or Toasted Ravioli	12 Pizza or Hamburgers or Spicy Chicken Sandiwch	13 Pizza or Hamburgers or Crispy Chicken Sandwich	14 Pizza or Hamburgers or Chicken Nuggets
17 Pizza or Hamburgers or Mozzarella Bosco Breadsticks	18 Pizza or Hamburgers or Tornadao 	19 Pizza or Hamburgers or Spicy Chicken Sandwich	20 Pizza or Hamburger or Crispy Chicken Sandwich	21 Pizza or Hamburgers or Mini Corn Dogs
24 Pizza or Hamburgers or Pepperoni Bosco Breadsticks	25 Pizza or Hamburger or Toasted Ravioli	26 <b>Early Release</b> Pizza or Hamburgers or Spicy Chicken Sandwich	27 Pizza or Hamburgers or Crispy Chicken Sandwich	28 Pizza or Hamburgers or Chicken Nuggetss

### Available Daily for Lunch

- PB & J Sandwich
- Deli Sandwich
- Yogurt Bundles
- Garden Bar

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### Milk Served Daily

- Skim Milk
- 1% Milk
- Fat Free Strawberry Milk
- Fat Free Chocolate Milk



# September

ADULT MENU  
2018



THEY KEEP BUZZING  
ABOUT FRUITS AND  
VEGETABLES  
MAKE HALF YOUR PLATE  
FRUITS & VEGGIES



Monday	Tuesday	Wednesday	Thursday	Friday
3 No School 	4 Spicy Chicken or Turkey Wrap	5 Chicken Tenders or BBQ Pork Sandwich	6 Hot Dog Bar or Potato Bar	7 General Tso's Chicken w/Rice or Cheeseburger
10 Broccoli Cheese Soup & Sandwich or Pepperoni Bosco Breadsticks	11 Chicken Noodles or BBQ Rib	12 Popcorn Chicken or Chili	13 Lasagna or Crispitos	14 Fish w/Mac & Cheese or Pizza 
17 Spaghetti & Meat Sauce or Hot Ham & Cheese Sandwich	18 Spicy Chicken Sandwich or Chicken Divan 	19 Chicken Nuggets or Potato Cheese Soup & Sandwich	20 Mexican Bar or Toasted Ravioli w/Garlic Toast	21 Chicken Fajita Wrap or Hamburger Mac 
24 Hamburger or Chili	25 Breaded Chicken Sandwich or Meatball Subs	26 <b>Early Release</b> Tornados or BBQ Pork Sandwich	27 Turkey Roast or Chicken Alfredo	28 Meat Loaf or General Tso's Chicken w/Rice

- Available Daily for Lunch**
- PB & J Sandwich
  - Deli Sandwich
  - Yogurt Bundles
  - Garden Bar
- Menus Subject to Change  
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  - 1% Milk
  - Fat Free Strawberry Milk
  - Fat Free Chocolate Milk
- 