

JUNIOR HIGH LUNCH MENU/FEBRUARY 1 - 29, 2024

MENU SUBJECT TO CHANGE

IN ACCORDANCE WITH FEDERAL LAW AND U.S. DEPARTMENT OF AGRICULTURE POLICY, THIS INSTITUTION IS PROHIBITED FROM DISCRIMINATING ON THE BASIS OF RACE, COLOR, NATIONAL ORIGIN, SEX, AGE, OR DISABILITY.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| | | | 1 MACARONI & CHEESE 2/3 c PEAS ½ c BROCCOLI FLORETS ½ c w/ff dip MIXED FRUIT/PINEAPPLE ½ c MILK | 2 ORANGE CHICKEN OR GENERAL TSO FRIED RICE ½ c CORN ½ c CELERY STICKS ½ c DICED PEACHES/DICED PEARS ½ c WG COOKIE MILK |
| 5 WG CHICKEN TENDERS w/bbq/honey mustard MASHED POTATOES ½ c GRAVY 2 oz BROCCOLI FLORETS ½ c w/ff dip ½ WG BREAD SLICE MANDARIN ORANGES/ PINEAPPLE ½ c MILK | 6 WG CHEESE OR CHICKEN QUESADILLA w/salsa ½ c CORN ½ c REFRIED BEANS ½ c DICED PEARS/DICED PEACHES ½ c MILK | 7 CHICKEN & NOODLES GLAZED CARROTS ½ c GREEN BEANS ½ c WG BISCUIT APPLESAUCE/ MANDARIN ORANGES ½ c MILK | 8 SLOPPY JO ON WG BUN CHEESY POTATOES ½ c PEAS & CARROTS ¼ c MIXED FRUIT/PINEAPPLE ½ c SCOOPY SNACK MILK | 9 NACHO GRANDE (TACO MEAT/FRITO CHIPS) SALSA/SOUR CREAM SHREDDED LETTUCE 1 c CHEESE DICED TOMATOES ¼ c REFRIED BEANS ¼ c PEACHES/PEARS ½ c MILK |
| 12 WG CHICKEN NUGGETS w/bbq/sweet & sour MASHED POTATOES ½ c GRAVY 2 oz GLAZED CARROTS ½ c WG BISCUIT DICED PEARS/DICED PEACHES ½ c MILK | 13 WG CORN DOG w/catsup/mustard TATER TOTS ½ c GREEN BEANS ½ c MIXED FRUIT/ DICED PEARS ½ c MILK | 14 CHILI MAC CORN ½ c BLACK BEANS ¼ c WG BREADSTICK APPLESAUCE/DICED PEACHES ½ c MILK | 15 BBQ RIB ON WG BUN w/ pickles SCALLOPED POATOES ½ c PEAS ¼ c MANDARIN ORANGES/ PINEAPPLE ½ c MILK | 16 PARENT TEACHER CONFERENCE NO SCHOOL |
| 19 PRESIDENTS' DAY NO SCHOOL | 20 HOT DOG ON WG BUN w/catsup/mustard SWEET POTATO FRIES ½ c BAKED BEANS ½ c MANDARIN ORANGES/ PINEAPPLE ½ c MILK | 21 WG CHEESE OR SAUSAGE PIZZA SLICE GREEN BEANS ½ c CORN ½ /MIXED FRUIT/DICED PEARS ½ c MILK | 22 WG CHICKEN PATTY ON WG BUN w/mayo SEASONED POTATOES ½ c PEAS ½ c DICED PEARS/DICED PEACHES ½ c MILK | 23 SWEET & SOUR CHICKEN OR GENERAL TSO FRIED RICE ½ c PEAS & CARROTS ½ c CORN ¼ c APPLESAUCE/MIXED FRUIT ½ c WG COOKIE MILK |
| 26 WG POPCORN CHICKEN w/bbq/honey mustard MASHED POTATOES ½ c GRAVY 2 oz BROCCOLI FLORETS ½ c w/ff dip DICED PEACHES/DICED PEARS ½ c WG BISCUIT MILK | 27 WG MOZZARELLA BREADSTICKS w/marinara ½ c GREEN BEANS ½ c CORN ¼ c MANDARIN ORANGES/ MIXED FRUIT ½ c MILK | 28 CHEESEBURGER ON WG BUN w/catsup/mustard/pickles OVEN FRIES ½ c BAKED BEANS ¼ c APPLESAUCE/ DICED PEACHES ½ c MILK | 29 SPAGHETTI w/MEAT SAUCE GREEN BEANS ½ c LETTUCE SALAD 1 c w/dressing WG BREADSTICK MIXED FRUIT/PINEAPPLE ½ c MILK | |

*WG/Whole Grain Rich