




Sikeston Jr. High Lunch

April 2018

<p>2</p> <p>No school</p>	<p>3</p> <p>Chicken & Mashed Potato Bowl BBQ Chicken Pizza Roasted Zucchini Cucumber Slices Diced Peaches</p>	<p>4</p> <p>Baked potato w/ chili and cheese or Meatball Calzone Steamed Broccoli Baby Carrots Diced Pears</p>	<p>5</p> <p>Lasagna w/ meat sauce & breadstick Toss salad Baked Veg. Beans Or 3 Cheese Calzone Mix fruit</p>	<p>6</p> <p>BBQ Pork Riblet or Chicken Ranch Club Flatbread Collard Greens Celery sticks Applesauce</p>
<p>9</p> <p>Meatloaf & mash potatoes w /gravy Baked veg. beans Fresh tomato wedges Applesauce</p> <p>Fuel Starts today</p>	<p>10</p> <p>Rotini w/ meat sauce Breadstick Green beans Fresh Cucumber slice Dice Peaches</p> <p>Fuel: Spicy Nashville chicken sandwich</p>	<p>11</p> <p>Chili fries w/ cheese & flat bread Glazed Carrots Fresh Red pepper strips Dice Pears</p> <p>Fuel: Spicy Nashville chicken sandwich</p>	<p>12</p> <p>French toast and sausage Tater tots Fresh Broccoli Mix Fruit</p> <p>Fuel: Spicy Nashville chicken sandwich</p>	<p>13</p> <p>Bake Potato w/ broccoli and cheese Black Beans Fresh zucchini sticks Applesauce</p> <p>Fuel: Spicy Nashville chicken sandwich</p>
<p>16</p> <p>Pizza sticks w/marinara Corn Cucumber slices Applesauce</p> <p>Fuel continues!</p>	<p>17</p> <p>Chicken Alfredo w/ Bread stick Campfire Beans Baby carrots Dice Peaches</p> <p>Fuel Pittsburgh style chicken sandwich</p>	<p>18</p> <p>Chili Mac w/breadstick Orange glazed carrots Fresh Broccoli Dice Pears</p> <p>Fuel Pittsburgh style chicken sandwich</p>	<p>19</p> <p>Chicken spaghetti Carbonara w/bread stick Black beans Fresh red pepper strip Mix Fruit</p> <p>Fuel Pittsburgh style chicken sandwich</p>	<p>20</p> <p>Beef chili w/crackers Corn Fresh Tomatoes Applesauce</p> <p>Fuel Pittsburgh style chicken sandwich</p>
<p>23</p> <p>Salisbury steak w/ Mashed potatoes Roasted Cauliflower Celery sticks Applesauce</p>	<p>24</p> <p>Sloppy Joe sandwich Kickin beans Garden salad Diced peaches</p>	<p>25</p> <p>Chicken & Mashed Potato Bowl Roasted Cauliflower Cucumber Slices Diced Pears</p>	<p>26</p> <p>Fish sticks Macaroni and cheese Corn Fresh Broccoli Mix fruit</p>	<p>27</p> <p>No school</p>
<p>30</p> <p>Pancakes w/ syrup scrambled eggs and sausage Hash Brown Applesauce</p>			<p>What is a reimbursable Lunch: Must choose 3 components with one being at least a 1/2 cup of fruit or vegetable. 1. Whole Grain 2. Fruit 3. Vegetable 4. Meat/ Meat Alternate 5. Milk: 1%, Skim</p>	<p>Lunch Prices: K – 4th\$2.30 5th – 12th ...\$2.55 Reduced... \$0.40 Adult\$3.50</p>


Lunch items available daily:
Made to Order (MTO) Deli Sandwiches
Assorted Pizza
Grill Items
Taco Bar
Assorted Milk





Try our New FUEL Items!
April 9-13
Spicy Nashville Chicken Sandwich
April 16-20
Pittsburgh Style Chicken Sandwich


What is a Jr. H.S. OVS Reimbursable Lunch Meal?


Students must select a minimum of 3 meal components.
At least one of which must be a fruit or vegetable


Meat/ Meat Alternate


Bread/ Grain


Fruit


Veggie


8 oz. milk

This institution is an equal opportunity provider.

*Extra full servings from any food group will be charged at a la carte prices

