



Sikeston Jr. High Lunch

May 2018

<p>30</p> <p>Pancakes w/ syrup scrambled eggs and sausage Hash Brown Applesauce</p>	<p>1</p> <p>Chicken & Mashed Potato Bowl BBQ Chicken Pizza Roasted Zucchini Cucumber Slices Diced Peaches</p>	<p>2</p> <p>Baked potato w/ chili and cheese Steamed Broccoli Baby Carrots Diced Pears</p>	<p>3</p> <p>Chicken spaghetti Carbonara w/bread stick Green beans Fresh red pepper strip Mix Fruit</p>	<p>4</p> <p>BBQ Pork or Chicken Ranch Club Flatbread Collard Greens Celery sticks Applesauce</p>
<p>7</p> <p>Salisbury steak & mash potatoes w /gravy Baked veg. beans Fresh tomato wedges Applesauce</p> <p>Fuel Starts today</p>	<p>8</p> <p>Rotini w/ meat sauce Bread stick Green beans Fresh Cucumber slice Dice Peaches Fuel: Spicy Cauliflower Chicken Pizza w/ Buffalo Ranch sauce</p>	<p>9</p> <p>Chili fries w/ cheese & flat bread Glazed Carrots Fresh Red pepper strips Dice Pears Fuel: Spicy Cauliflower Chicken Pizza w/ Buffalo Ranch sauce</p>	<p>10</p> <p>Chicken Alfredo w/ Bread stick Campfire Beans Baby carrots Mixed Fruit Fuel: Spicy Cauliflower Chicken Pizza w/ Buffalo Ranch sauce</p>	<p>11</p> <p>Bake Potato w/ broccoli and cheese Spinach Fresh zucchini slices Applesauce Fuel Spicy Cauliflower Chicken Pizza w/ Buffalo Ranch sauce</p>
<p>14</p> <p>Pizza sticks w/marinara Corn Cucumber slices Applesauce</p> <p>Fuel continues!</p>	<p>15</p> <p>Fish sticks Macaroni and cheese Spinach Fresh Broccoli Mix fruit Fuel Pepper Popper Pizza w/spicy ranch sauce</p>	<p>16</p> <p>Beef chili w/crackers Roasted Cauliflower Fresh Tomatoes Diced Pears Fuel Pepper Popper Pizza w/spicy ranch sauce</p>	<p>17</p> <p>Pancakes & syrup and sausage Tater tots Fresh Broccoli Mix Fruit Fuel Pepper Popper Pizza w/ spicy ranch sauce</p>	<p>18</p> <p>Sloppy Joe sandwich Kickin beans Garden salad Diced peaches Fuel Pepper Popper Pizza w/spicy ranch sauce</p>
<p>21</p> <p>Managers Choice</p>	<p>22</p> <p>Managers Choice</p>	<p>23</p> <p>Managers Choice</p>	<p>24</p> <p>Managers Choice</p> <p>Early dismissal!</p>	<p>25</p>
<p>28</p>	<p>29</p>	<p>30</p>	<p>31</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!

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

