


Junior High Menu



Every lunch includes a chef salad and a choice of milk.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Homemade Meatloaf or Chicken Fried Steaks with Hot Roll Mashed Potatoes Seasoned Green Beans Fresh Salad w/ Toppings Fruit Cup	2 Build Your Own Nachos with Spanish Rice Refried Beans Fresh Salad w/ Toppings Homemade Salsa Fruit Cup	3 Asian Bowl Steamed Vegetables Fresh Salad w/ Toppings Fruit Cup	4 Chicken Alfredo with Garlic Bread or Pizza Steamed Broccoli Fresh Salad w/ Toppings Fruit Wiggles	5 BBQ Bacon Burger with Fries Fresh Salad w/ Toppings Fresh Fruit
8 Chicken Nuggets or Steak Fingers with Hot Roll Mashed Potatoes Seasoned Green Beans Fresh Salad w/ Toppings Fruit Cup	9 Build your Own Tacos or Taco Salad Spanish Rice Charro Beans Fresh Salad w/ Toppings Homemade Salsa Fruit Cup	10 Homemade Pigs in a Blanket or Corn Dog Baked Beans Fresh Salad w/ Toppings Fruit Cup	11 Spaghetti with Meat Sauce with Garlic Toast or Pizza Seasoned Vegetables Fresh Salad w/ Toppings Banana Sundae	12 Chili Dog Basket with Baked Fries Fresh Salad w/ Toppings Fresh Fruit
15 Homemade Salisbury Steaks or Popcorn Chicken with Hot Roll Mashed Potatoes Seasoned Green Beans Fresh Salad w/ Toppings Fruit Cup	16 Build Your Own Tacos with Spanish Rice Refried Beans Fresh Salad w/ Toppings Homemade Salsa Fruit Cup	17 Chicken & Waffles Steamed Vegetables Fresh Salad w/ Toppings Fruit Cup	18 Spaganza with Garlic Toast or Pizza Seasoned Sweet Corn Fresh Salad w/ Toppings Frosty Fruit	19  ENJOY YOUR EASTER!
22 Chicken Fried Steaks or Boneless Wings with Hot Roll Roasted Potatoes Seasoned Green Beans Fresh Salad w/ Toppings Fruit Cup	23 Build Your Own Tacos Spanish Rice Charro Beans Fresh Salad w/ Toppings Homemade Salsa Rainbow Pears	24 Asian Bowl Steamed Vegetables Fresh Salad w/ Toppings Fruit Cup	25 Chicken Parmesan w/ Garlic Stick or Pizza Steamed Broccoli Fresh Salad w/ Toppings Berries & Cream	26 Sweet & Sassy Chicken Sandwich or Chicken Strip Basket with Fries Fresh Salad w/ Toppings Fresh Fruit

Importance of Staying Fit!



Sometimes watching TV or playing video games sounds a lot more fun than staying active, but see below for the many benefits to physical activity that you can't get staring at a screen.

- Sleep well at night
- Move around more easily
- Have stronger muscles and bones
- Avoid diseases later in life
- Feel better about yourself
- Decrease your chances of becoming depressed

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage Roll	Scrambled Eggs w/ Toast & Sausage, Bacon, or Ham	Breakfast Pizza	Cinnamon Roll	Waffles
French Toast	Scrambled Eggs w/ Toast & Sausage, Bacon, or Ham	Sausage Biscuit	Pancake Wrap	Muffin & Yogurt

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.