



FRIONA — JUNIOR HIGH January 4 – February 11

Menu is subject to change without notice and substitutions may be made based on availability and seasonality of food items.

Breakfast items are listed in orange italics. Lunch entrée choices are listed below in bold type. Every meal includes choice of milk. All side items are listed below the calendar and rotate throughout the week.

EVERYDAY BREAKFAST 2nd CHOICE

Cereal & side

Cinnamon Toast Crunch

Lucky Charms

choose from these cereals
any day as a 3rd Breakfast Choice

FRIONA ISD 2021/2022

BREAKFAST

Student no charge

Faculty/Staff \$2.75

LUNCH

Student no charge

Faculty/Staff \$4.50

À la Carte item prices are
posted at the schools.

This institution is an
equal opportunity provider.

MY
SCHOOL
BUCKS

ADD MONEY TO
YOUR ACCOUNT:
Online & Mobile app
Convenient to
monitor spending,
add funds and more!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WELCOME BACK! JAN 3 FROM THE GRILL Breakfast Sausage Pizza Chicken Drumstick & Roll Pizza Salad w/Roll JAN 10	Pancake-on-a-Stick Grilled Cheese Sandwich Chicken Salad Sandwich JAN 4 FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick	Bacon, Egg & Cheese Taco Baked Potato w/Bacon & Cheese & Roll Ranch Chicken Salad w/Roll JAN 5 FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick	Donut Cheese Pizza Stix w/Marinara Uncrustable & String Cheese JAN 6 FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick	Scooby Grahams & Yogurt Pepperoni Pizza Popcorn Chicken Salad w/Roll JAN 7 FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick
Breakfast Sausage Pizza Chicken Drumstick & Roll Pizza Salad w/Roll JAN 10	Muffin & Yogurt Spaghetti w/Meatsauce Uncrustable w/String Cheese JAN 11 FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick	Omelet & Sausage Frito Chili Pie Buffalo Chicken Salad w/Roll JAN 12 FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick	Donut Beef Soft Taco Grilled Cheese Sandwich JAN 13 FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick	Pancakes & Bacon Pepperoni Pizza Ham & Cheese Salad w/Roll JAN 14 FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick
Sausage & Cheese Biscuit Fish Bites w/Mac & Cheese Bean Nacho Salad w/Roll JAN 17 FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick	Breakfast Burrito Tator Tot Bowl w/Breadstick Uncrustable w/String Cheese JAN 18 FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick	Scrambled Eggs & Potato Smiles Meatball Sub Fruit Platter w/Roll JAN 19 FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick	Biscuit Stick w/Gravy Chili Fries w/Roll Grilled Cheese Sandwich JAN 20 FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick	Scooby Grahams & Yogurt Cheese Pizza Chicken & Cheese Salad w/Roll JAN 21 FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick
Egg & Cheese Biscuit Chicken Alfredo w/Bstic Buffalo Chicken Salad w/Roll JAN 24 FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick	Cinnamon Roll Beef Nachos Ham & Cheese Sandwich JAN 25 FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick	Frittata BBQ Pork Riblet on a Bun Ham, Turkey & Cheese Salad w/Roll JAN 26 FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick	Pancake-on-a-Stick Beef & Bean Burrito Uncrustable & String Cheese JAN 27 FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick	Egg & Sausage on a Bun Pepperoni Pizza Chicken Caesar Salad w/Roll JAN 28 FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick
Breakfast Sausage Pizza Chicken Fried Steak & Country Gravy w/Roll Pizza Salad w/Roll JAN 31 FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick	Scooby Grahams & Yogurt Chicken Bowl w/Roll Ham & Turkey Sandwich FEB 1 FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick	Scrambled Eggs & Potato Smiles Corn Dog PopChicken Salad w/Roll FEB 2 FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick	Waffles & Sausage Walking Tacos Ham & Cheese Wrap FEB 3 FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick	Student HOLIDAY FEB 4 FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick
Student HOLIDAY FEB 7 FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick	Pancake-on-a-Stick Grilled Cheese Sandwich Chicken Salad Sandwich FEB 8 FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick	Bacon, Egg & Cheese Taco Baked Potato w/Bacon & Cheese & Roll Ranch Chicken Salad w/Roll FEB 9 FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick	Donut Cheese Pizza Stix w/Marinara Uncrustable & String Cheese FEB 10 FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick	Scooby Grahams & Yogurt Pepperoni Pizza EARLY RELEASE FEB 11 FROM THE GRILL Hamburger Cheeseburger (choose American or Pepper Jack Cheese) Pepperoni Pizza Cheese Pizza Corn Dog Breaded Chicken Sandwich Spicy Breaded Chicken Sandwich Chicken Tenders w/Breadstick

• MIDDLE SCHOOL • MORE CHOICES EVERYDAY • MADE-TO-ORDER •

NACHO BAR

Tortilla Chips
add: Taco Meat, Beans
Cheese Sauce • Jalapeños

PASTA BAR

choose: Mariana or Alfredo sauce
Rotini pasta | add Chicken

NACHO BAR

Tortilla Chips
add: Taco Meat, Beans
Cheese Sauce • Jalapeños

PASTA BAR

choose: Mariana or Alfredo sauce
Spaghetti pasta | add Chicken

NACHO BAR

Tortilla Chips
add: Taco Meat, Beans
Cheese Sauce • Jalapeños

EVERYDAY SIDES (available seasonally, items rotate each day) Apple • Applesauce • Baby Carrots • Baked Beans • Banana • Broccoli/Fresh or Steamed • Cantaloupe • Celery Sticks • Collard Greens/Steamed • Corn • Cucumber & Tomato Salad • Cucumber/Slices • French Fries • Grapes/Fresh • Green Beans • Kickin' Pinto Beans • Mandarin Oranges • Mashed Potatoes • Mexican Rice • Mixed-Fruit Cup • Orange-Glazed Carrots • Orange • Peaches/Diced • Pears/Diced • Peas & Carrots • Pineapple Tidbits • Red Pepper Strips • Side Salad/Romaine • Sweet Potato Fries • Tater Tots • Tomato Wedges • Watermelon • Yellow Squash/Steamed • Zucchini/Fresh or Roasted • Apple Juice • Fruit Juice • Grape Juice • Orange Juice | **MILK** Skim Milk • Skim Chocolate Milk

THE LUNCH PROGRAM The "Offer Vs Serve" Lunch Program was designed by the federal government to eliminate food waste. This program requires each student (K-12th grade) to choose at least 3 of the 5 components each day. Their choices must include 1 fruit and/or vegetable and at least two more of the items offered. We encourage them to take all five items each day. Lunch serving consists of: Entrée (meat/meat/alternates), fruits, vegetables, grains/breads, assortment of low-fat milk.

