# High School Lunch Menu (Grades 9-12) | January 2020

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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| **Monday, 6th**  
No Students | **Tuesday, 7th**  
Hot Ham & Cheese on Bun  
OR Tuna Salad on Croissant  
Seasoned Potato Wedges  
Steamed Broccoli with Cheese Sauce  
Fruit Sidekick – Chilled Fruit Choices  
Low-Fat and Skim Milk Variety  
Cookie Treat with meal | **Wednesday, 1st**  
Pepperoni & Cheese Calzone  
OR Chicken Alfredo – Roll  
Seasoned Green Beans  
Savory Cooked Carrots  
Chilled Fruit Choices  
Low-Fat and Skim Milk Variety | **Thursday, 2nd**  
Home Style Meatloaf – Roll  
OR Crispy Chicken Tenders – Roll  
OR Combination Chef Salad  
Seasoned Black-eyed Peas  
Cheesy Potatoes Au Gratin  
Chilled Fruit Choices  
Low-Fat and Skim Milk Variety | **Friday, 3rd**  
BBQ Pork Rib Patty on Hoagie Bun  
OR Flame-Broiled Beef Burger – Bun  
Lettuce / Tomato / Dill Pickle Slices  
Oven Baked French Fries  
Southern Baked Beans  
Chilled Fruit Choices  
Low-Fat and Skim Milk Variety |
| **Monday, 13th**  
Mini Corn Dogs  
OR Walking Taco with Beef and Cheese  
Buttery Whole Kernel Corn  
Seasoned Pinto Beans – Tomato Salsa  
Chilled Fruit Choices  
Low-Fat and Skim Milk Variety | **Tuesday, 14th**  
Honey Barbequed Chicken – Roll  
OR Baked Ham with Pineapple – Roll  
Seasoned Green Beans  
Fluffy Whipped Potatoes  
Chilled Fruit Choices  
Low- and Fat Skim Milk Variety | **Wednesday, 15th**  
Toasted Cheese Sandwich  
OR Deli Turkey & Cheese on Croissant  
School-Recipe Tomato Vegetable Soup  
Seasoned Potato Wedges  
Fruit Sidekick – Chilled Fruit Choices  
Low-Fat and Skim Milk Variety  
Cookie Treat with meal | **Thursday, 16th**  
Beef-A-Roni – Roll  
OR Italian Pizza  
OR Combination Chef Salad  
Steamed Broccoli  
Fresh Baby Carrots with Ranch Dip  
Chilled Fruit Choices  
Low-Fat and Skim Milk Variety | **Friday, 17th**  
Breaded Chicken Filet – Bun  
OR Flame-Broiled Beef Burger – Bun  
Lettuce / Tomato / Dill Pickle Slices  
Oven Baked French Fries  
Southern Baked Beans  
Chilled Fruit Choices  
Low-Fat and Skim Milk Variety |
| **Monday, 20th**  
**Sunday, 19th**  
Andrew Jackson  | **Tuesday, 21st**  
Mexican Fiesta Pizza  
OR Chicken Fajita Wrap – Tortilla Chips  
Buttery Whole Kernel Corn  
Seasoned Pinto Beans – Tomato Salsa  
Chilled Fruit Choices  
Low-Fat and Skim Milk Variety  
Cookie Treat with meal | **Wednesday, 22nd**  
Chicken Salad on Croissant  
OR Ham & Cheese on Hoagie Bun  
Seasoned Potato Wedges  
Steamed Broccoli with Cheese Sauce  
Fruit Sidekick – Chilled Fruit Choices  
Low-Fat and Skim Milk Variety | **Thursday, 23rd**  
Chicken Spaghetti – Roll OR  
Cheesy Breadsticks with Marinara Sauce  
OR Combination Chef Salad  
Seasoned Green Beans  
Savory Cooked Carrots  
Chilled Fruit Choices  
Low-Fat and Skim Milk Variety | **Friday, 24th**  
Grilled Chicken Filet Sandwich – Bun  
OR Flame-Broiled Beef Burger – Bun  
Lettuce / Tomato / Dill Pickle Slices  
Oven Baked French Fries  
Southern Baked Beans  
Chilled Fruit Choices  
Low-Fat and Skim Milk Variety |
| **Monday, 27th**  
Macaroni and Cheese Entrée – Roll  
OR Roasted Hot Dog - Bun  
Buttery Whole Kernel Corn  
Seasoned Pinto Beans  
Chilled Fruit Choices  
Low-Fat and Skim Milk Variety | **Tuesday, 28th**  
Toasted Ham & Cheese Sandwich  
OR Deli Turkey & Cheese on Croissant  
School-Recipe Tomato Vegetable Soup  
Seasoned Potato Wedges  
Fruit Sidekick – Chilled Fruit Choices  
Low-Fat and Skim Milk Variety  
Cookie Treat with meal | **Wednesday, 29th**  
Ground Beef Stroganoff – Roll  
OR Italian Pizza Slice  
Seasoned Green Beans  
Fresh Baby Carrots with Ranch Dip  
Chilled Fruit Choices  
Low- and Fat Skim Milk Variety | **Thursday, 30th**  
Salisbury Steak & Gravy – Roll  
OR Roasted Turkey Slice – Roll  
OR Combination Chef Salad  
Steamed Broccoli  
Chilled Fruit Choices  
Low-Fat and Skim Milk Variety | **Friday, 31st**  
Breaded Fish Filet & Cheese – Bun  
OR Flame-Broiled Beef Burger – Bun  
Lettuce / Tomato / Dill Pickle Slices  
Oven Baked French Fries  
Southern Baked Beans  
Chilled Fruit Choices  
Low-Fat and Skim Milk Variety |

All student lunches are served at no cost. JMCSS staff lunch meals are $3.75. Visitor lunch meals are $4.00. Menu is subject to change. • This institution is an equal opportunity provider.