## Middle School Lunch Menu (Grades 6-8) | January 2020

<table>
<thead>
<tr>
<th>Monday, 6th</th>
<th>Tuesday, 7th</th>
<th>Wednesday, 8th</th>
<th>Thursday, 9th</th>
<th>Friday, 10th</th>
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<tbody>
<tr>
<td><strong>No Students</strong></td>
<td>Hot Ham &amp; 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</td>
<td>Pepperoni &amp; Cheese Calzone OR Chicken Alfredo – Roll Seasoned Green Beans Savory Cooked Carrots Chilled Fruit Choices Low-Fat and Skim Milk Variety</td>
<td>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</td>
<td>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</td>
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<td><strong>Monday, 13th</strong></td>
<td>Honey Barbequed Chicken – Roll OR Baked Ham with Pineapple – Roll Seasoned Green Beans Fluffy Whipped Potatoes Chilled Fruit Choices Low-Fat and Skim Milk Variety</td>
<td>Toasted Cheese Sandwich OR Deli Turkey &amp; 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</td>
<td>Beef-A-Roni – Roll OR Italian Pizza OR Combination Chef Salads Steamed Broccoli Fresh Baby Carrots with Ranch Dip Chilled Fruit Choices Low-Fat and Skim Milk Variety</td>
<td>Baked 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</td>
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<td><strong>Monday, 20th</strong></td>
<td>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</td>
<td>Chicken Salad on Croissant OR Ham &amp; Cheese on Hoagie Bun Seasoned Potato Wedges Steamed Broccoli with Cheese Sauce Fruit Sidekick – Chilled Fruit Choices Low-Fat and Skim Milk Variety</td>
<td>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</td>
<td>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</td>
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<td><strong>Monday, 27th</strong></td>
<td>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</td>
<td>Toasted Ham &amp; Cheese Sandwich OR Deli Turkey &amp; 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</td>
<td>Salisbury Steak &amp; Gravy – Roll OR Roasted Turkey Slice – Roll OR Combination Chef Salad Fluffy Whipped Potatoes Steamed Broccoli Chilled Fruit Choices Low-Fat and Skim Milk Variety</td>
<td>Breadcr Fish Filet &amp; 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</td>
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</tbody>
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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.