

Junior High Lunch

Week of March 13-17th

Our menus are aligned with the USDA's Healthier US School Challenge.



DAILY SPECIALS

- MONDAY** Country Fried Steak w/ Whipped Potatoes & WG Roll
- TUESDAY** Chicken Pesto Sandwich on Kaiser
- WEDNESDAY** Hot Dog w/ Macaroni and Cheese
Lima Beans
- THURSDAY** Ultimate Grilled Cheese
- FRIDAY** Monte Cristo Sandwich
Sweet Potato Fries



EVERYDAY CHOICES
Variety of Fresh Salads.
All sandwiches served on WW Bread

THIS WEEK'S DAILY SPECIALS **SP**

- MONDAY** Chicken & Cheese /Ham & Cheese/ Combo/ Roast Beef
TUESDAY Chicken & Cheese /Ham & Cheese/ Combo/ Roast Beef
WEDNESDAY Chicken & Cheese /Ham & Cheese/ Combo/ Roast Beef
THURSDAY Chicken & Cheese /Ham & Cheese/ Combo/ Roast Beef
FRIDAY Chicken & Cheese /Ham & Cheese/ Combo/ Roast Beef



This Week's Feature:



Built the way you like it – South of the Border Bar
Choose From:, Soft Shell Tacos, or Nachos Supreme

EVERYDAY SIDES: *Cilantro Lime Rice & Refried Beans*



A MINIMUM OF 4-6 SIDES OFFERED DAILY WITH LUNCH CHOICES
Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety
Locally Grown items are offered whenever seasonally available
Low Fat or Fat Free Chocolate Milk included with all meals



EVERYDAY CHOICES
Pepperoni & Cheese
All pizzas feature low fat cheese, low sodium sauce, & whole grain crusts.

THIS WEEK'S DAILY SPECIALS

- MONDAY** Sausage
TUESDAY Hawaiian
WEDNESDAY Meat Lovers
THURSDAY Supreme
FRIDAY Veggie



EVERYDAY CHOICES
Flame Broiled Beef Patty,
Chicken & Vegetarian Choices

Looking for part time work while your kids are in school?
Consider applying as a Cafeteria Helper or Substitute!
Call 385-646-4105 for more information.



Vegetarian

Smart Pick

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium, & calories.

To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.