



Jac-Cen-Del Jr. Sr. High School

Lunch Menu

January 2022



Breakfast

Monday

Tuesday

Wednesday

Thursday

Friday



4 Hamburger or Hot Dog on Bun  
Baked Fries  
Broccoli / Cheese  
Fresh Veggies  
Choice of Fruit

5 Bosco Sticks w Dip or Pizza  
Salad w Tomato  
Corn  
Fresh Veggies  
Choice of Fruit

6 General Tso's Chicken or Beef N Bean Burrito  
Fried Rice w Vegetable  
Pretzel Flavored Applesauce

7 Rib-B-Que or Tenderloin on Bun  
Baked Chips  
Fresh Veggies  
Choice of Fruit  
Cookie

**7:30-8:00**

**Monday:**

Pancake w Sausage or Pizza

**Tuesday:**

Egg with Toast

10 Hamburger on Bun or Corn Dog  
Baked Fries  
Cheese, Pickles  
Broccoli  
Pears or Peaches  
Pudding

11 Chicken Tenders or Nuggets  
Mashed Potato w Gravy  
Seasoned Carrots  
Salad  
Fruit Cup

12 Chili or Chicken Noodle Soup  
Crackers  
Sun butter Sandwich  
Cheese Stick  
Fresh Veggies  
Choice of Fruit

13 Walking or Soft Shell Taco's  
Refried Beans, Salsa, Shredded Cheese and Lettuce, Sour Cream  
Corn  
Applesauce

14



**Wednesday:**

Muffin or Banana Split

**Thursday:**

Biscuit and Gravy

17 Bacon Cheese Burger or Pork BBQ on Bun  
Baked Fries  
Mixed Green Salad  
Mix Fruit  
Cookie

18 Beefaroni or Lasagna Roll  
Breadstick  
Tossed Salad  
Fresh Veggie Sticks  
Hot Apples

19 Mac & Cheese or Ravioli  
Pizza Stick  
Salad  
Green Beans  
Peaches or Orange Smile

20 Turkey or Beef Manhattan  
Mashed Potatoes  
Green Beans  
Fresh Veggies  
Applesauce or Peaches

21 Tenderloin or Toasted Ham and Cheese  
Baked Chips  
Baked Beans  
Mixed Fruit

**Friday:**

WG Biscuit w Egg, Cheese & Ham or Donut



24 Meat Ball Sub or Hamburger on Bun  
Bake Wedges  
Side Salad w Tomato  
Strawberry Cup

25 Grilled Bacon Chicken Club or Chicken Patty on Bun  
Baked Chip  
Seasoned Carrot  
Pears

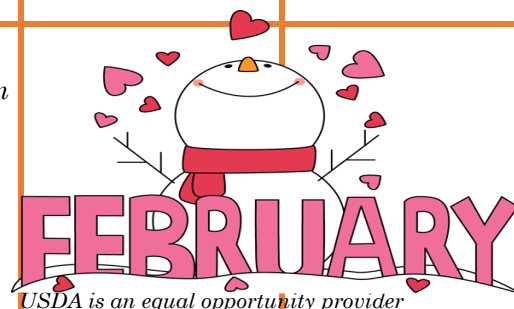
26 Chicken Alfredo or Spaghetti w Meat Sauce  
Cheesy Garlic Bread  
Mixed Salad  
Fresh Veggies  
Peaches

27 Country Fried Steak or Salisbury Steak  
Mashed Potatoes  
Roll w Jelly  
Peas  
Fresh Veggies  
Apple

28 Choice of Pizza  
Mixed Salad  
Vegetable  
Blend  
Fresh Veggies  
Strawberries  
Donut

**Offered:** Cereal, Pop tarts, Cereal Bar and Yogurt. Breakfast is served with Fruit, Juice and **Milk. Students must take all 3.**

31 Corn Dog or Cheeseburger on Bun  
Bake Fries  
Broccoli w Cheese  
Apple Slices  
Cookie



USDA is an equal opportunity provider

USDA Requirements: Students must select at least ONE item from the Fruit and Vegetable offered

**MENU IS SUBJECT TO CHANGE.**  
**Do to shortage from company's. Sorry for the inconvenience**