

*Menu Subject  
To change*

*Jac-Cen-Del High School  
Lunch Menu  
August 2022*

<b>Breakfast</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p>Monday Pancakes/sausage or Pizza Tuesday Egg with Toast</p>	<p>1 Welcome Back Open House</p> 		<p>3</p>	<p>4 Hot Dog on Bun or Cheese- burger on Bun with Tomato Slice, Pickles, &amp; Leaf Lettuce Baked Fries or Steamed Broccoli Fresh Veggies Fruit Cup</p>	<p>5 Bar-Que or Baked Tenderloin on Bun, Carrot and Celery Sticks Baked Chips Diced Pears</p>
<p>Wednesday Banana Split or Muf- fin Thursday Biscuit &amp; Gravy</p>	<p>8 Rib-Que or Hamburger on Bun Baked Fries Broccoli Fresh Veggies/Fruit</p>	<p>9 Spaghetti w Meat Sauce or Crispy Chicken Ten- ders Pizza Stick with Dip Glazed Carrots</p>	<p>10 Lunchmeat Sandwich or Stuffed Calzone, Mix Salad, Choice of Fruit Cookie</p>	<p>11 Baked Cheese Sticks w Marianna Sauce or Rib -B-Q on Bun Baked Beans Mix Salad and Pears</p>	<p>12 Cook' Choice Green Beans Fresh Romaine Salad Chilled Pineapple or Orange Slices</p>
<p>Friday Biscuit w Egg, Cheese &amp; Ham or Donut <b>Breakfast is served with</b></p>	<p>15 Pork BBQ or Cheese- burger on Bun Baked Fries Steamed Broccoli Pudding</p>	<p>16 Pepperoni Pizza or Crispy Chicken on Bun Garlic Potatoes Glazed Carrots Hot Apples Cookie</p>	<p>17 Beefaroni w Breadstick or Chicken Quesadilla Steamed Carrots Mixed Salad Peaches &amp; Pineapples</p>	<p>18 Walking Taco or Soft Shell Taco Refried Beans, Salsa, Cheese, Shredded Lettuce Corn and Applesauce</p>	<p>14 Pork Rib-Q or Baked Tenderloin on Bun Baked Chips or Romaine Salad Chilled Fruit</p>
<p><b>Fruit, Juice and Milk. Students must take all 3.</b></p>	<p>22 Corn Dog or Cheese- burger on WG Bun Baked Fries Mix Green Salad Pudding</p>	<p>23 Beef &amp; Cheese Burrito w Rice or Grilled Chicken Filet on WG Bun Baked Tostadas Chips w Salsa, Applesauce or Fruit WG Cookie</p>	<p>24 Mac &amp; Cheese or Ravioli with Pizza Stick Mix Salad Green Beans Peaches or Fresh Apple Slices</p>	<p>25 Bosco Stick w Marinara Sauce or Lasagna Roll Mixed Salad Fresh Veggies/Fruit Mixed Fruit</p>	<p>26 Choice Pizza Green Beans Fresh Romaine Salad Chilled Pineapple Cookie</p>
<p><b>1% white milk and Fat Free Chocolate. Chef Salads, Sandwiches and Fruit &amp; Yogurt Par- faits</b></p>	<p>29 Meat Ball Sub or Ham- burger on Bun Baked Fries Side Salad w Tomato Peaches</p>	<p>30 Chicken Nuggets or Chicken Patty on Bun Baby Bakers Glazed Carrots Fresh Veggies</p>	<p>31 Turkey Manhattan or Country Fried Steak Mashed Potatoes Green Beans Slaw/ Fresh Veggies</p>		