



Jac-Cen-Del
High School Lunch Menu
October 2020



Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

<p>1% white milk and Fat Free Chocolate. Chef Salads, Sandwiches and Fruit & Yogurt Parfaits offered Daily</p>	<p><i><u>Offered Daily</u></i> <i>Chef Salad,</i> <i>Lunchmeat Sandwich,</i> <i>Lunchables</i> <i>Fruit & Yogurt Parfaits</i></p>		<p>1 Walking Taco or Chicken Pieces/Tenders Au gratin Potato Refried Beans Veggie Sticks w Dip Peach or Pears</p>	<p>2 Cheese Pizza or Pepperoni Calzone Hot Vegetable Salad or Applesauce Choice of Fruit Donut</p>	<p>Monday Breakfast Pizza Tuesday Egg with Toast Wednesday</p>
<p>5 Fall Break</p>			<p>8</p>	<p>9</p>	<p>Thursday Sausage Gravy w Biscuit Biscuit</p>
<p>12 Hamburger or Hot Dog on Bun Baked Waffle Fries Broccoli or Carrots Mixed Fruit or Peaches Pudding</p>	<p>13 Chicken Nuggets or Chicken Patty w Bun Pretzel Mashed Potatoes Green Beans Veggie Sticks Pears or Strawberries</p>		<p>15 Shrimp Poppers or Beef n Cheddar Bun Mac & Cheese Slaw Baked Beans Veggies Sticks Sliced Apples w Dip</p>	<p>16 Bosco Stick or Pizza Bosco Marinara Sauce Tossed Salad Mixed Vegetables Fresh Veggies Pears or Sherbet</p>	<p><u>USDA REQUIREMENTS:</u> <i>Students must select at least ONE item from the vegetables & Fruit varieties offered Daily.</i></p>
<p>19 Hamburger or Philly Steak on Bun Baked Fries Broccoli Pears or Peaches Pudding</p>	<p>20 Chicken Tenders or Build Your Chicken Bowl Roll with Jelly Buttered Carrots Slaw Fresh Veggies Mixed Berries or Orange</p>	<p>21 Beefaroni or Ravioli Garlic Cheese Bread Tossed Salad Green Beans Fresh Veggies Mixed Fruit Cup</p>	<p>22 Chili or Mac & Cheese Sun butter Sandwich Cheese Sticks Fresh Veggies Pears or Mixed Fruit Cookie or Cake</p>	<p>23 Tenderloin on Bun or Baked Cheese Sticks Baked Chips Baked Beans Fresh Veggies Choice of Fruit</p>	<p>Breakfast is served with Fruit, Juice and Milk.</p>
<p>26 Hamburger Bun or Corn Dog Baked Fries Cheesy Broccoli Carrots with Dip Juice or Peaches Cookie</p>	<p>27 Pork BBQ or Breaded Beef Pattie on Bun Mashed Potatoes Glazed Carrots Fresh Veggies Strawberry Short Cake</p>	<p>28 Brunch for Lunch Sausage Gravy w Biscuit or Pancakes w Sausage Link Scrambled Eggs Cinnamon Roll Fruit or Applesauce</p>	<p>29 Choice of Pizza Salad with Tomato Buttered Peas Seasoned Black Beans Fresh Veggies Apples Slices Donut</p>	<p>30 Mummy Dog or Dracula Bite Creepy Corn Crunchers Zombie Fruit Hocus Pocus Cake Witches Brew</p>	