



October 2009- Junior High Lunch Menu

Lunch includes a choice of milk & a variety of condiments.
Price: \$2.00 or \$0.40. Menu is subject to change.

Circle the fruits and vegetables you eat this month, and try something new each week at lunch!

5	6	7	8	9
257 Hot Dog with Tri-Taters 114 Golden Trail Mix 670 Fresh Fruit 907 Wheat Hot Dog Bun	417 Chicken Parmesan 717 Mixed Vegetables 900 Hamburger Bun or 909 Italian Breadstick	419 Spaghetti & Meatballs 909 Italian Breadstick 683 Peach Cup	270 Italian Hoagie 946 Tostitos Scoops 685 Italian Ice	410 Cheeseburger 715 Corn 602 Tossed Salad 900 Hamburger Bun

12	13	14	15	16
281 Salisbury Steak with Mashed Potatoes 901 Dinner Roll 697 Apple Slices 752 Fruit Juice		430 Meatloaf in Sauce 712 Corn & Carrots 691 Peach Juice Pop 900 Hamburger Bun or 906 White Bread	423 Chicken Nuggets with Hash Browns 700 Baby Carrots 906 White Bread	261-263 Pizza 134 Cherry Vanilla Yogurt 602 Tossed Salad 752 Fruit Juice

19	20	21	22	23
217 Teriyaki Chicken with Rice 129 Honey Sunflower Kernels 717 Mixed Vegetable 753 Orange Juice 904 Wheat Bread	410 Cheeseburger 690 Strawberry Juice Pop 715 Corn 900 Hamburger Bun	257 Hot Dog with Tri-Taters 907 Wheat Hot Dog Bun 114 Golden Trail Mix or 115 Hummus 683 Peach Cup	270 Italian Hoagie 947 Multi-Grain Sun Chips 126 Colby-Jack Cheese 772 Orange Shape Up	261-263 Pizza 134 Cherry Vanilla Yogurt 602 Tossed Salad 670 Fresh Fruit

26	27	28	29	30
431 BBQ Chicken Fillet 724 Broccoli 683 Peach Cup 900 Hamburger Bun or 906 White Bread	421 Salisbury Steak 710 Mashed Potatoes 700 Baby Carrots 900 Hamburger Bun or 904 Wheat Bread	419 Spaghetti & Meatballs 697 Apple Slices 909 Italian Breadstick	301 Turkey Sausage, Egg, & Cheese Hot Pockets 133 Strawberry-Banana Yogurt 694 Cinnamon Applesauce 752 Fruit Juice	206 Taco Bowl 130 Sunflower Kernels 602 Tossed Salad 670 Fresh Fruit

By: [illegible]

This menu is subject to change without notice. The school district is not responsible for any allergic reactions to any of the foods listed on this menu. The school district is not responsible for any allergic reactions to any of the foods listed on this menu. The school district is not responsible for any allergic reactions to any of the foods listed on this menu.