

JM Oct School Menu 2018

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Week3	Monday, October 01, 2018	Tuesday, October 02, 2018	Wednesday, October 03, 2018	Thursday, October 04, 2018	Friday, October 05, 2018
<b>Monarch Line</b>	Sloppy Joes on Bun	MCC-Bowl Marshall County Chicken Bowl!!! Mashed Potatoes , Popcorn Chicken, Corn, Gravy,	Chicken Cordon Blue on Bun	Taco's in a Bag Or Taco Salad	Cheese Quesadilla
<b>Pride Line</b>	Potato Crusted Baked Fish	MCC-Bowl Marshall County Chicken Bowl!!! Mashed Potatoes , Popcorn Chicken, Corn, Gravy,	Meatball Hoagie	Taco's in a Bag Or Taco Salad	Chicken Philly Sub
<b>Hot Sandwich</b>	Grilled Cheese Sandwich	Hamburger, Cheeseburger or Veggie Burger on Bun	Egg Rolls	Burritos	Mini Corn Dogs
<b>Pizza Line</b>	<b>Round Deep Dish Pizza - Cheese or Pepperoni</b>	<b>French Bread - Cheese or Pepperoni</b>	<b>School Made Pizza</b>	Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni
<b>Cold Sandwich</b>	Buffalo Chicken Roll -up	Chicken Salad on Croissant	Buffalo Chicken Roll -up	Chicken Salad on Croissant	Buffalo Chicken Roll -up
<b>Salad Entrée</b>	Chicken Pasta Salad V120	Chicken Pasta Salad V120	Chicken Pasta Salad V120	Chicken Pasta Salad V120	Chicken Pasta Salad V120
	Mandarin Orange Spinach Salad	Sweet Green Peas, Sautéed Veggies	Caesar Salad	Pasta Salad	Smile Fries
	Crispy Curly Fries	Baby Carrots with Dip	Roasted Brussel Sprouts	Seasoned Pinto Beans	Steamed Corn
	Green Beans, Honey Carrot Coins	Hot Roll	Strawberry Fruit Cup	lettuce, tomato, salsa and cheese	Baby Lima Beans
	Frozen Fruit Slushie	Salad Bar	Baked Beans	Stir Fry Veggies	Salad Bar
	Hot Roll		Wow Butter Cookie	Salad Bar	
	Salad Bar		Salad Bar		
Week 4	Monday, October 08, 2018	Tuesday, October 09, 2018	Wednesday, October 10, 2018	Thursday, October 11, 2018	Friday, October 12, 2018
<b>Monarch Line</b>	Chicken Drumstick (1013)	Cheese Quesadilla	Fish Sticks/Mac and Cheese	Hot Dog on Bun	General Tso or Teriyaki Chicken
<b>Pride Line</b>	Open Face Turkey w/gravy over biscuit	Steak Hoagie on Bun w/grilled peppers and onions	Chicken Alfredo with A Twist	Chicken and Cheese Wraps	Pasta with Meat Sauce or Marinara/Cheese stick
<b>Hot Sandwich</b>	Hot Ham and Cheese on Pretzel Bun	Breaded Chicken Filet- Regular or Hot and Spicy	Ruben	Hamburger, Cheeseburger or Veggie Burger on Bun	BBQ Pork Patty on Bun
<b>Pizza Line</b>	<b>French Bread Cheese or Pepperoni Pizza</b>	<b>French Bread - Cheese or Pepperoni</b>	<b>Stuffed Crust Pizza - Cheese or Pepperoni</b>	<b>Round Deep Dish Pizza - Cheese or Pepperoni</b>	<b>French Bread - Cheese or Pepperoni</b>
<b>Cold Sandwich</b>	Deli Boardwalk Hoagie	Deli Boardwalk Hoagie	Deli Boardwalk Hoagie	Deli Boardwalk Hoagie	Deli Boardwalk Hoagie
<b>Salad Entrée</b>	Santa Fe Fajita Salad V114	Santa Fe Fajita Salad V115	Santa Fe Fajita Salad V115	Santa Fe Fajita Salad V115	Santa Fe Fajita Salad V115
	Mashed Potatoes w/gravy		Romaine Tossed Salad	Broccoli and Cauliflower Salad	Vegetable Fried Rice
	Broccoli with Parmesan Cheese	Hash brown Rounds	Sweet Green Peas	Crispy French Fries	Steamed Carrots, Sugar Snap Peas
	Corn	Green Beans	Garlic Roasted Cauliflower	Baked Beans	Hot Roll
	Hot Roll	Mixed Cooked Veggies	Hot Roll	Sautéed Veggies	Red Pepper Strips With Dip
	Applesauce	Salad Bar	Salad Bar	Peach Cup Double Chocolate Chip Cookie	Salad Bar
	Salad Bar			Salad Bar	

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<b>Week 5</b>	<b>Monday, October 15, 2018</b>	<b>Tuesday, October 16, 2018</b>	<b>Wednesday, October 17, 2018</b>	<b>Thursday, October 18, 2018</b>	<b>Friday, October 19, 2018</b>
<b>Monarch Line</b>	Chicken Cordon Blue on Bun	Chicken Nuggets or Hot and Spicy Chicken Nuggets	Freshly Baked Pepperoni Rolls w/marinara Sauce	BBQ Beef on Bun	Lasagna/Pasta with Meat Sauce or Marinara/Cheese stick
<b>Pride Line</b>	Meatball Hoagie w/wo Cheese	Chicken Nuggets or Hot and Spicy Chicken Nuggets	Freshly Baked Pepperoni Rolls w/marinara Sauce	Chicken Philly Sub	Rosemary Chicken
<b>Hot Sandwich</b>	Turkey and Cheese on Croissant	Hamburger, Cheeseburger or Veggie Burger on Bun	Egg Rolls	Grilled Chicken Filet- Regular or Hot and Spicy	Hot Ham and Cheese on Pretzel Bun
<b>Pizza Line</b>	Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni	Stuffed Crust Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni	Round Deep Dish Pizza - Cheese or Pepperoni
<b>Cold Sandwich</b>	Wow Butter and Jelly Sandwich - No Peanut Allergen/Cheese Stick	Wow Butter and Jelly Sandwich - No Peanut Allergen/Cheese Stick	Wow Butter and Jelly Sandwich - No Peanut Allergen/Cheese Stick	Wow Butter and Jelly Sandwich - No Peanut Allergen/Cheese Stick	Wow Butter and Jelly Sandwich - No Peanut Allergen/Cheese Stick
<b>Salad Entrée</b>	Chef Salad V125	Chef Salad V125	Chef Salad V125	Chef Salad V125	Chef Salad V125
	Garbanzo Bean Salad	Crispy Curly Fries	Cottage Cheese	Roasted Red Potatoes	Caesar Salad
	Potato Smiles	Seasoned Brussel Sprouts	Garlic Steamed Broccoli	Steamed Corn	Green Beans
	Baked Beans	Steamed Carrots	Kidney Beans	Peas	Roasted Garlic Cauliflower
	Sugar Snap Peas	Baby Carrots with Dip	Salad Bar	Tropical Fruit Cocktail	Hot Roll
	Strawberry Fruit Cup	Salad Bar		Royal Brownie	Frozen Fruit Slushie
	Salad Bar			Salad Bar	Salad Bar
<b>Week 1</b>	<b>Monday, October 22, 2018</b>	<b>Tuesday, October 23, 2018</b>	<b>Wednesday, October 24, 2018</b>	<b>Thursday, October 25, 2018</b>	<b>Friday, October 26, 2018</b>
<b>Monarch Line</b>		Chicken Alfredo with A Twist	Taco's in a Bag Or Taco Salad	Chicken Nuggets- Regular or Hot and Spicy	Hot Dog on Bun
<b>Pride Line</b>		Shredded Pork on Bun	Taco's in a Bag Or Taco Salad	Chicken Nuggets- Regular or Hot and Spicy	Chicken Taco Wrap
<b>Hot Sandwich</b>		Turkey and Cheese On Croissant	Hamburger, Cheeseburger or Veggie Burger on Bun	BBQ Pork On Bun	Grilled Cheese Sandwich
<b>Pizza Line</b>		French Bread - Cheese or Pepperoni	Stuffed Crust Pizza - Cheese or Pepperoni	Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni
<b>Cold Sandwich</b>		Ham and Cheese on Pretzel Bun	Ham and Cheese on Pretzel Bun	Ham and Cheese on Pretzel Bun	Ham and Cheese on Pretzel Bun
<b>Salad Entrée</b>		Chicken Caesar Salad V102	Chicken Caesar Salad V102	Chicken Caesar Salad V102	Chicken Caesar Salad V102
		Caesar Salad	Peas	Mashed Potatoes w/Gravy	Creamy Coleslaw
		Steamed Corn	Pasta Salad	Steamed Carrots	Crispy French Fries
		Sugar Snap Peas	Peach Cup	Hot Roll	Baked Beans
		Fresh Fruit	Red Pepper Strips W/Dip	Fresh Fruit	Sautéed Veggies
		Hot Roll	Stir Fry Veggies	California Blend	Chocolate Chip Cookie
		Salad Bar	Salad Bar	Salad Bar	Salad Bar

Week 2	Monday, October 29, 2018	Tuesday, October 30, 2018	Wednesday, October 31, 2018	Thursday, November 01, 2018	Friday, November 02, 2018
<b>Monarch Line</b>	Salisbury Steak	Fish Tacos	Pasta with Meat Sauce or Marinara/ Cheese Stick	Chicken Philly Sub	Freshly Baked Pizza Stromboli w/ marinara
<b>Pride Line</b>	Chicken and Noodles	Baked Potato Bar- Top it Your Way ! Taco, Meat, Cheddar cheese, Diced Ham, veggies and more!	General Tso or Teriyaki Chicken	Pulled BBQ Chicken on Bun	Freshly Baked Pizza Stromboli w/ marinara
<b>Hot Sandwich</b>	Mini Corn Dogs	Hamburger, Cheeseburger or Veggie Burger on Pretzel Bun	Grilled Cheese Sandwich	BBQ Pork Patty on Bun	Breaded Chicken Filet- Regular or Hot and Spicy
<b>Pizza Line</b>	<b>Round Deep Dish Pizza - Cheese or Pepperoni</b>	French Bread - Cheese or Pepperoni	Stuffed Crust Pizza - Cheese or Pepperoni	<b>Round Deep Dish Pizza - Cheese or Pepperoni</b>	<b>French Bread - Cheese or Pepperoni</b>
<b>Cold Sandwich</b>	Turkey and Cheese on Croissant	Turkey and Cheese on Croissant	Turkey and Cheese on Croissant	Turkey and Cheese on Croissant	Turkey and Cheese on Croissant
<b>Salad Entrée</b>	Bistro Spinach Salad V105	Bistro Spinach Salad V105	Bistro Spinach Salad V105	Bistro Spinach Salad V105	Bistro Spinach Salad V105
	Mashed Potatoes w/Gravy	Crispy Curly Fries	Romaine Tossed Salad	Roasted Red Potatoes	Baby Carrots with Dip
	Broccoli with Parmesan Cheese	Mexican Corn	Peas Garlic Roasted Cauliflower	Baked Beans	Green Beans
	Hot Roll	Sugar Snap Peas	Hot Roll	Hot Roll	California Blend Veggies
	Sliced Pears	Rice Crispy Treat	Vegetable Fried Rice	Garlic Roasted Brussel Sprouts	Fresh Fruit
	Steamed Carrots	Salad Bar	Mandarin Orange Slices	Salad Bar	Salad Bar- Cottage Cheese
	Salad Bar		Salad Bar- Apple Crisp		

**Students may choose 1 entrée from six different entrée serving lines.**  
**Each line will offer protein, grains, fruits, and vegetables.**  
**Full salad bar available with each entrée!**

A variety of milk will be offered daily. May select only one milk.  
 A 100% 4 oz. fruit juice will be offered daily. Students may select only one juice.  
 Juice may count toward the 1/2 c fruit or vegetable component.

THE SALAD BAR WILL CONTAIN FRESH LEAFY GREENS, DARK RED AND ORANGE VEGGIES, AS WELL AS A VARIETY OF OTHER NUTRIENT RICH FRESH VEGETABLES. COOKED VEGETABLES WILL ALSO BE OFFERED ON THE SALAD BAR.

**Must Choose at least 3 of 5 different food groups- Including at least a 1/2 c fruit or vegetable**

Vegetables  
Fruits

Milk

Proteins  
Grains

Menu subject to change.

"This institution is an equal opportunity provider"

THE BAR WILL ALSO CONTAIN A VARIETY OF FRESH AND CANNED FRUIT. SPECIALTY ITEMS AND SALADS SUCH AS COTTAGE CHEESE, BROCCOLI AND CAULIFLOWER SALAD, PASTA SALAD, AND BLACK BEAN AND CORN SALSA WILL ALSO BE ROTATED ON THE SALAD BAR.

\*\*\*It is our intent that students may take one serving (1/2 C) of each fruit/vegetable item available on the bar. Additional servings may be taken if they are consumed on the premise. Condiments and salad dressings should be taken in moderation. \*\*\* Thanks