

JM Jan School Menu 2018

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Week 1	Monday, December 31, 2018	Tuesday, January 01, 2019	Wednesday, January 02, 2019	Thursday, January 03, 2019	Friday, January 04, 2019
Monarch Line			Taco's in a Bag Or Taco Salad	Chicken Nuggets- Regular or Hot and Spicy	Hot Dog on Bun
Pride Line			Taco's in a Bag Or Taco Salad	Chicken Nuggets- Regular or Hot and Spicy	Chicken Taco Wrap
Hot Sandwich			Hamburger, Cheeseburger or Veggie Burger on Bun	BBQ Pork On Bun	Grilled Cheese Sandwich
Pizza Line			Stuffed Crust Pizza - Cheese or Pepperoni	Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni
Cold Sandwich			Ham and Cheese on Pretzel Bun	Ham and Cheese on Pretzel Bun	Ham and Cheese on Pretzel Bun
Salad Entrée			Chicken Caesar Salad V102	Chicken Caesar Salad V102	Chicken Caesar Salad V102
			Peas	Mashed Potatoes w/Gravy	Creamy Coleslaw
			Pasta Salad	Steamed Carrots	Crispy French Fries
			Peach Cup	Hot Roll	Baked Beans
			Red Pepper Strips W/Dip	Fresh Fruit	Sautéed Veggies
			Stir Fry Veggies	California Blend	Chocolate Chip Cookie
			Salad Bar	Salad Bar	Salad Bar
Week 2	Monday, January 07, 2019	Tuesday, January 08, 2019	Wednesday, January 09, 2019	Thursday, January 10, 2019	Friday, January 11, 2019
Monarch Line	Salisbury Steak	Fish Tacos	Pasta with Meat Sauce or Marinara/ Cheese Stick	Chicken Philly Sub	Freshly Baked Pizza Stromboli w/ marinara
Pride Line	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
Hot Sandwich	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
Pizza Line	Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni	Stuffed Crust Pizza - Cheese or Pepperoni	Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni
Cold Sandwich	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
Salad Entrée	Bistro Spinach Salad V105	Bistro Spinach Salad V105	Bistro Spinach Salad V105	Bistro Spinach Salad V105	Bistro Spinach Salad V105
	Mashed Potatoes w/Gravy	Breaded Onion Rings	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	Honey Apple Crisp	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		



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Week3	Monday, January 14, 2019	Tuesday, January 15, 2019	Wednesday, January 16, 2019	Thursday, January 17, 2019	Friday, January 18, 2019	
Monarch Line	Sloppy Joes on Bun	MCC-Bowl Marshall County Chicken Bowl!!! Mashed Potatoes , Popcorn Chicken, Corn, Gravy, Cheese	Chicken Cordon Blue on Bun	Taco's in a Bag Or Taco Salad	Cheese Quesadilla	
Pride Line	Potato Crusted Baked Fish	MCC-Bowl Marshall County Chicken Bowl!!! Mashed Potatoes , Popcorn Chicken, Corn, Gravy, Cheese	Meatball Hoagie	Taco's in a Bag Or Taco Salad	Chicken Philly Sub	
Hot Sandwich	Grilled Cheese Sandwich	Hamburger, Cheeseburger or Veggie Burger on Bun	Egg Rolls	Burritos	Mini Corn Dogs	
Pizza Line	Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni	School Made Pizza	Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni	
Cold Sandwich	Buffalo Chicken Roll -up	Chicken Salad on Croissant	Buffalo Chicken Roll -up	Chicken Salad on Croissant	Buffalo Chicken Roll -up	
Salad Entrée	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, Sauteed 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, January 21, 2019	Tuesday, January 22, 2019	Wednesday, January 23, 2019	Thursday, January 24, 2019	Friday, January 25, 2019	
Monarch Line		Cheese Quesadilla	Fish Sticks/Mac and Cheese	Hot Dog on Bun	General Tso or Teriyaki Chicken	
Pride Line		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	
Hot Sandwich		Breaded Chicken Filet- Regular or Hot and Spicy	Ruben	Hamburger, Cheeseburger or Veggie Burger on Bun	BBQ Pork Patty on Bun	
Pizza Line		French Bread - Cheese or Pepperoni	Stuffed Crust Pizza - Cheese or Pepperoni	Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni	
Cold Sandwich		Deli Boardwalk Hoagie	Deli Boardwalk Hoagie	Deli Boardwalk Hoagie	Deli Boardwalk Hoagie	
Salad Entrée		Santa Fe Fajita Salad V115	Santa Fe Fajita Salad V115	Santa Fe Fajita Salad V115	Santa Fe Fajita Salad V115	
			Romaine Tossed Salad	Broccoli and Cauliflower Salad	Vegetable Fried Rice	
			Hash brown Rounds	Sweet Green Peas	Crispy French Fries	Steamed Carrots, Sugar Snap Peas
			Green Beans	Garlic Roasted Cauliflower	Baked Beans	Hot Roll
			Mixed Cooked Veggies	Hot Roll	Sautéed Veggies	Red Pepper Strips With Dip
			Salad Bar	Salad Bar	Peach Cup Double Chocolate Chip Cookie	Salad Bar
				Salad Bar		

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Week 5	Monday, January 28, 2019	Tuesday, January 29, 2019	Wednesday, January 30, 2019	Thursday, January 31, 2019	Friday, February 01, 2019
Monarch Line	Chicken Cordon Blue on Bun	Chicken Nuggets or Hot and Spicy Chicken Nuggets	Freshly Baked Pepperoni Rolls w/marinara Sauce	BBQ Beef on Bun	Cheeseburger Mac
Pride Line	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
Hot Sandwich	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
Pizza Line	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
Cold Sandwich	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
Salad Entrée	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

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