

JM Oct School Menu 2019

Week3	Monday, September 30, 2019	Tuesday, October 01, 2019	Wednesday, October 02, 2019	Thursday, October 03, 2019	Friday, October 04, 2019
Monarch Line	Sloppy Joes on Bun	Popcorn 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	Popcorn Chicken Bowl!!! Mashed Potatoes , Popcorn Chicken, Corn, Gravy, Cheese	Meatball Hoagie	Taco's in a Bag Or Taco Salad	Chicken Philly Sub
Hot Sandwich	BBQ Pork Patty on Bun	Hamburger, Cheeseburger or Veggie Burger on Bun	Egg Rolls	Breaded Chicken Filet- Regular or Hot and Spicy	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, Sautéed Veggies	Caesar Salad	Pasta Salad	World Smile Day! Smile Emoji Tots
	Smile Fries	Baby Carrots with Dip	Roasted Brussel Sprouts	Seasoned Pinto Beans	Steamed Corn
	Honey Carrot Coins	Hot Roll	Strawberry Fruit Cup	lettuce, tomato, salsa and cheese	Baby Lima Beans
	Baked Beans - Hot Roll	Fresh Fruit	Green Beans	Stir Fry Veggies	Pineapple Tidbits
	Mixed Fruit Cocktail	Salad Bar	Wow Butter Cookie	Salad Bar	Celery with Wow Butter
	Salad Bar		Salad Bar		Salad Bar
Week 4	Monday, October 07, 2019	Tuesday, October 08, 2019	Wednesday, October 09, 2019	Thursday, October 10, 2019	Friday, October 11, 2019
Monarch Line	Chicken Drumstick (1013)	Cheese Quesadilla	Fish Sticks	Hot Dog on Bun	General Tso or Teriyaki Chicken/Vegetable Fried Rice
Pride Line	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
Hot Sandwich	Hot Ham and Cheese on Pretzel Bun	Burrito	Ruben	Hamburger, Cheeseburger or Veggie Burger on Bun	Grilled Cheese Sandwich
Pizza Line	French Bread Cheese or Pepperoni Pizza	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	Deli Boardwalk Hoagie
Salad Entrée	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	Stir Fried Veggies
	Broccoli	Nachos with Queso Sauce	Sweet Green Peas	Waffle Cut Sweet Potato Fries	Steamed Carrots
	Corn	Green Beans	Garlic Roasted Cauliflower	Baked Beans	Hot Roll
	Breadstick	Mixed Cooked Veggies	Hot Roll	Sautéed Veggies	Salad Bar
	Applesauce	Salad Bar	Salad Bar	Strawberry Fruit Cup Double Chocolate Chip Cookie	
	Salad Bar			Salad Bar	

Week 5	Monday, October 14, 2019	Tuesday, October 15, 2019	Wednesday, October 16, 2019	Thursday, October 17, 2019	Friday, October 18, 2019
Monarch Line	No School	Chicken Strips Regular or Hot and Spicy Strips	Freshly Baked Pepperoni Rolls w/marinara Sauce	BBQ Beef on Bun	Lasagna with Meat Sauce
Pride Line	National School Lunch Week Oct 14- 18 	Chicken Strips Regular or Hot and Spicy Strips	Freshly Baked Pepperoni Rolls w/marinara Sauce	WV Chicken Cheese Steak on Pretzel Bun	Rosemary Chicken
Hot Sandwich		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		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
Salad Entrée		Chef Salad V125	Chef Salad V125	Chef Salad V125	Chef Salad V125
		Crinkle Cut Fries	Cottage Cheese	Buttered Parsley Potatoes	Caesar Salad
		Seasoned Brussel Sprouts	Garlic Steamed Broccoli	Steamed Corn	Green Beans
		Steamed Carrots	Kidney Beans	Peas	Roasted Garlic Cauliflower
		Baby Carrots with Dip	Rice Crispy Treat	Sliced Chilled Pears	Hot Roll
		Salad Bar	Salad Bar	Royal Brownie	Salad Bar
				Salad Bar	
Week 1	Monday, October 21, 2019	Tuesday, October 22, 2019	Wednesday, October 23, 2019	Thursday, October 24, 2019	Friday, October 25, 2019
Monarch Line	Brunch For Lunch	Chicken Alfredo with a Twist	Taco's in a Bag Or Taco Salad	Chicken Nuggets- Regular or Hot and Spicy	Pretzel Dog
Pride Line	Steak Hoagie W/Grilled Onions and Peppers	Chicken Parm	Taco's in a Bag Or Taco Salad	Chicken Nuggets- Regular or Hot and Spicy	Chicken Taco Wrap
Hot Sandwich	Grilled Chicken Filet- Regular or Hot and Spicy	Turkey and Cheese On Croissant	Hamburger, Cheeseburger or Veggie Burger on Bun	BBQ Pork On Bun	Grilled Cheese Sandwich
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	Ham and Cheese on Pretzel Bun	Ham and Cheese on Pretzel Bun	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	Chicken Caesar Salad V102	Chicken Caesar Salad V102
	Sausage and Egg on Pretzel Bun	Caesar Salad	Peas	Mashed Potatoes w/Gravy	Creamy Coleslaw
	Tater Tots	Steamed Corn	Pasta Salad	Steamed Carrots	Crispy French Fries
	Tomato Slices, Warm Apple Slices w/cinnamon	Sugar Snap Peas	Peach Cup	Hot Roll	Baked Beans
	Steamed Broccoli	Fresh Fruit	Red Pepper Strips W/Dip	California Blend	Sautéed Veggies
	Green Beans	Garlic Breadstick	Stir Fry Veggies	Salad Bar	Chocolate Chip Cookie
	Salad Bar	Salad Bar	Salad Bar		Salad Bar

Week 2	Monday, October 28, 2019	Tuesday, October 29, 2019	Wednesday, October 30, 2019	Thursday, October 31, 2019	Friday, November 01, 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, veggies and more!	General Tso or Teriyaki Chicken/Vegetable Fried Rice	Oven Baked Chicken D289	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	Spicy Chicken and Egg Salad V200	Spicy Chicken and Egg Salad V200	Spicy Chicken and Egg Salad V200	Spicy Chicken and Egg Salad V200	Spicy Chicken and Egg Salad V200
	Mashed Potatoes w/Gravy	Breaded Onion Rings	Romaine Tossed Salad	Roasted Red Potatoes	Green Beans
	Broccoli with Parmesan Cheese	Steamed Corn	Peas Garlic Roasted Cauliflower	Baked Beans	California Blend Veggies
	Hot Roll	Sugar Snap Peas	Hot Roll	Hot Roll	Baby Carrots-with Dip
	Sliced Pears	Honey Apple Crisp	Mandarin Orange Slices	Garlic Roasted Brussel Sprouts	Frozen Sidekick
	Steamed Carrots	Salad Bar	Salad Bar	Salad Bar	Salad Bar - Cottage Cheese
	Salad Bar			Halloween Frozen Slushie - Preordered	

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

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