

**JM Nov School Menu 2019**

<b>Week3</b>	<b>Monday, November 04, 2019</b>	<b>Tuesday, November 05, 2019</b>	<b>Wednesday, November 06, 2019</b>	<b>Thursday, November 07, 2019</b>	<b>Friday, November 08, 2019</b>
<b>Monarch Line</b>	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	
<b>Pride Line</b>	Nacho Bar	Popcorn Chicken Bowl!!!! Mashed Potatoes , Popcorn Chicken, Corn, Gravy, Cheese	Meatball Hoagie	Taco's in a Bag Or Taco Salad	
<b>Hot Sandwich</b>	Grilled Cheese	Hamburger, Cheeseburger or Veggie Burger on Bun	Egg Rolls	Breaded Chicken Filet- Regular or Hot and Spicy	
<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	
<b>Cold Sandwich</b>	Buffalo Chicken Roll -up	Chicken Salad on Croissant	Buffalo Chicken Roll -up	Chicken Salad on Croissant	
<b>Salad Entrée</b>	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	
	Tomato Soup Goldfish Crackers	Baby Carrots with Dip	Roasted Brussel Sprouts	Seasoned Pinto Beans	
	Honey Carrot Coins	Hot Roll	Strawberry Fruit Cup	lettuce, tomato, salsa and cheese	
	Peas	Fresh Fruit	Green Beans	Stir Fry Veggies	
	Sliced Pears	Salad Bar	Wow Butter Cookie	Salad Bar	No School
	Salad Bar		Salad Bar		
<b>Week 4</b>	<b>Monday, November 11, 2019</b>	<b>Tuesday, November 12, 2019</b>	<b>Wednesday, November 13, 2019</b>	<b>Thursday, November 14, 2019</b>	<b>Friday, November 15, 2019</b>
<b>Monarch Line</b>		Cheese Quesadilla	Baked Fish	Hot Dog on Bun	General Tso or Teriyaki Chicken/Vegetable Fried Rice
<b>Pride Line</b>	 <b>Veterans Day</b>	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>		Burrito	Ruben	Hamburger, Cheeseburger or Veggie Burger on Bun	Grilled Cheese Sandwich
<b>Pizza Line</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>	French Bread - Cheese or Pepperoni
<b>Cold Sandwich</b>		Deli Boardwalk Hoagie	Deli Boardwalk Hoagie	Deli Boardwalk Hoagie	Deli Boardwalk Hoagie
<b>Salad Entrée</b>		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	Stir Fried Veggies
		Nachos with Queso Sauce	Sweet Green Peas	Crinkle Cut French Fries	Steamed Carrots
	No School	Green Beans	Garlic Roasted Cauliflower	Baked Beans	Hot Roll
		Mixed Cooked Veggies	Hot Roll	Sautéed Veggies	Salad Bar
		Salad Bar	Salad Bar	Strawberry Fruit Cup Double Chocolate Chip Cookie	
				Salad Bar	

Week 5	Monday, November 18, 2019	Tuesday, November 19, 2019	Wednesday, November 20, 2019	Thursday, November 21, 2019	Friday, November 22, 2019
<b>Monarch Line</b>	Chicken Cordon Blue on Bun	Chicken Strips Regular or Hot and Spicy Strips	Cooks Choice	Roasted Turkey	Lasagna with Meat Sauce
<b>Pride Line</b>	Meatball Hoagie w/wo Cheese	Chicken Strips Regular or Hot and Spicy Strips	Cooks Choice	Roasted Turkey	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	Crinkle Cut Fries	Cottage Cheese	Mashed Potatoes w/Gravy	Caesar Salad
	Potato Smiles	Seasoned Brussel Sprouts	Garlic Steamed Broccoli	Steamed Corn	Green Beans
	Baked Beans	Steamed Carrots	Kidney Beans	Homestyle Noodles	Roasted Garlic Cauliflower
	Sugar Snap Peas	Baby Carrots with Dip	Rice Crispy Treat	Stuffing	Hot Roll
	Frozen Fruit Slushie	Salad Bar	Salad Bar	Pumpkin Dessert Hot Roll	Salad Bar
	Salad Bar			Salad Bar	
Week 1	Monday, November 25, 2019	Tuesday, November 26, 2019	Wednesday, November 27, 2019	Thursday, November 28, 2019	Friday, November 29, 2019
<b>Monarch Line</b>	Brunch For Lunch	Cooks Choice			
<b>Pride Line</b>	Steak Hoagie W/Grilled Onions and Peppers	Chicken Parm			
<b>Hot Sandwich</b>	Grilled Chicken Filet- Regular or Hot and Spicy	Turkey and Cheese On Croissant			
<b>Pizza Line</b>	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			
<b>Salad Entrée</b>	Chicken Caesar Salad V102	Chicken Caesar Salad V102			
	Sausage and Egg on Pretzel Bun	Caesar Salad			
	Tater Tots	Steamed Corn			
	Tomato Slices, Warm Apple Slices w/cinnamon	Sugar Snap Peas	No School	No School	No School
	Steamed Broccoli	Fresh Fruit			
	Green Beans	Garlic Breadstick			
	Salad Bar	Salad Bar			



Week 2	Monday, December 02, 2019	Tuesday, December 03, 2019	Wednesday, December 04, 2019	Thursday, December 05, 2019	Friday, December 06, 2019
<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, veggies and more!	General Tso or Teriyaki Chicken/Vegetable Fried Rice	Southwest Baked Chicken	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>	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			Fresh Fruit	

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