

JM Feb School Menu 2020

Week 1	Monday, February 03, 2020	Tuesday, February 04, 2020	Wednesday, February 05, 2020	Thursday, February 06, 2020	Friday, February 07, 2020
Monarch Line	Brunch For Lunch	Chicken Alfredo with a Twist	Taco's in a Bag Or Taco Salad	Roasted Turkey	Pretzel Dog
Pride Line	Steak Hoagie W/Grilled Onions and Peppers	Chicken Parm	Taco's in a Bag Or Taco Salad	Roasted Turkey	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	Pizza - Variety	Pizza - Variety	Pizza - Variety	Pizza - Variety	Pizza - Variety
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, February 10, 2020	Tuesday, February 11, 2020	Wednesday, February 12, 2020	Thursday, February 13, 2020	Friday, February 14, 2020
Monarch Line	Salisbury Steak	Southwest Chicken and Cheese Quesadilla 1054B CN=2	Pasta with Meat Sauce or Marinara/ Cheese Stick	Chicken Philly Sub	
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	Popcorn Chicken	
Hot Sandwich	Mini Corn Dogs	Hamburger, Cheeseburger or Veggie Burger on Pretzel Bun	Grilled Cheese Sandwich	BBQ Pork Patty on Bun	
Pizza Line	Pizza - Variety	Pizza - Variety	Pizza - Variety	Pizza - Variety	
Cold Sandwich	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	
	Mashed Potatoes w/Gravy	Breaded Onion Rings	Romaine Tossed Salad	Roasted Red Potatoes	
	Broccoli with Parmesan Cheese	Steamed Corn	Peas Garlic Roasted Cauliflower	Baked Beans	
	Hot Roll	Sugar Snap Peas	Hot Roll	Hot Roll	
	Mixed Fruit Cup	Honey Apple Crisp	Applesauce	Garlic Roasted Brussel Sprouts	
	Steamed Carrots	Salad Bar	Salad Bar	Salad Bar	
	Salad Bar			Fresh Fruit	

Week3	Monday, February 17, 2020	Tuesday, February 18, 2020	Wednesday, February 19, 2020	Thursday, February 20, 2020	Friday, February 21, 2020
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	Nacho Bar	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	Grilled Cheese	Hamburger, Cheeseburger or Veggie Burger on Bun	Egg Rolls	Breaded Chicken Filet- Regular or Hot and Spicy	Mini Corn Dogs
Pizza Line	Pizza - Variety	Pizza - Variety	School Made Pizza	Pizza - Variety	Pizza - Variety
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
	Tomato Soup Goldfish Crackers	Sweet Green Peas, Sautéed Veggies	Caesar Salad	Pasta Salad	Tater Tots
	Honey Carrot Coins	Baby Carrots with Dip	Roasted Brussel Sprouts	Seasoned Pinto Beans	Steamed Corn
	Peas	Hot Roll	Strawberry Fruit Cup	lettuce, tomato, salsa and cheese	Baby Lima Beans
	Sliced Pears	Fresh Fruit	Green Beans	Stir Fry Veggies	Mixed Fruit Cup
	Salad Bar	Salad Bar	Wow Butter Cookie	Salad Bar	Celery with Wow Butter
			Salad Bar		Salad Bar
Week 4	Monday, February 24, 2020	Tuesday, February 25, 2020	Wednesday, February 26, 2020	Thursday, February 27, 2020	Friday, February 28, 2020
Monarch Line	Chicken Drumstick (1013)	Cheese Quesadilla	Baked Fish	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	Popcorn 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	Pizza - Variety	Pizza - Variety	Pizza - Variety	Pizza - Variety	Pizza - Variety
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 Quest Sauce	Sweet Green Peas	Crinkle Cut French 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, March 02, 2020	Tuesday, March 03, 2020	Wednesday, March 04, 2020	Thursday, March 05, 2020	Friday, March 06, 2020
Monarch Line	Chicken Cordon Blue on Bun	Chicken Nuggets Regular or Hot and Spicy Nuggets	Freshly Baked Pepperoni Rolls w/marinara Sauce	BBQ Beef on Bun	Pasta with Meat Sauce or Marinara/Cheese stick
Pride Line	Meatball Hoagie w/wo Cheese	Chicken Nuggets Regular or Hot and Spicy Nuggets	Freshly Baked Pepperoni Rolls w/marinara Sauce	WV Chicken Cheese Steak on Pretzel Bun	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	Pizza - Variety	Pizza - Variety	Pizza - Variety	Pizza - Variety	Pizza - Variety
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	Crinkle Cut 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	Rice Crispy Treat	Sliced Chilled Pears	Breadstick
	Frozen Fruit Slushie	Salad Bar	Salad Bar	Royal Brownie	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

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