

JM Nov School Menu 2020

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Week 3	Monday, November 2, 2020	Tuesday, November 3, 2020	Wednesday, November 4, 2020	Thursday, November 5, 2020	Friday, November 6, 2020
Monarch Line	Bbq rib sandwich			Freshly Baked Pizza Stromboli w/ marinara	hot dog on bun
Pride Line	Meatball Hoagie w/wo Cheese			Freshly Baked Pizza Stromboli w/ marinara	Fajita chicken wrap
					
Pizza Line	Round Deep Dish Pizza - Cheese or Pepperoni			Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni
Salad Entrée	Chicken Pasta Salad V120			Chicken Pasta Salad V120	chicken pasta salad
	French fries				baked beans
	Broccoli with Parmesan Cheese			corn	French fries
	Hot Roll			Hot Roll	coleslaw
	mandarin Orange				Fresh Fruit
				choc Chocolate chip cookies	
	Salad Bar				
Week1	Monday, November 9, 2020	Tuesday, November 10, 2020	Wednesday, November 11, 2020	Thursday, November 12, 2020	Friday, November 13, 2020
Monarch Line	pork chop	tacos in a bag		phalli steak	southwest chicken and Cheese Quesadilla
Pride Line	oven roasted chicken	tacos in a bag		breaded chicken sandwich	General Tso or Teriyaki Chicken
Pizza Line	Round Deep Dish Pizza - Cheese or Pepperoni	pizza		Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni
Salad Entrée	Chicken Caesar Salad V120	chicken Caesar salad			Chicken Caesar Salad V120
					stir fry
	smile fries	corn		peas	
	lima beans			onion rings	nachos with queso sauce
	gold fish crackers	pasta salad		applesauce	Baby Carrots with Dip
	Hot Roll			choc chip cookies	
	pears				

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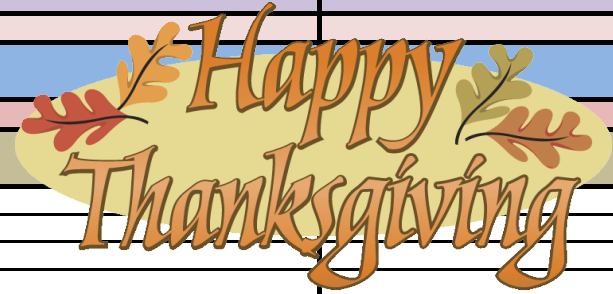
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Week 2	Monday, November 16, 2020	Tuesday, November 17, 2020	Wednesday, November 18, 2020	Thursday, November 19, 2020	Friday, November 20, 2020
Monarch Line	Meatball Hoagie w/wo Cheese	lasagna		Roasted Turkey	freshly baked pepperoni rolls
Pride Line	popcorn chicken wrap	Chicken Alfredo with A Twist		Roasted Turkey	freshly baked pepperoni rolls
Pizza Line	pizza	French Bread - Cheese or Pepperoni		Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni
Salad Entrée	spicy chicken salad	spicy chicken salad		spicy chicken salad	spicy chicken salad
				Mashed Potatoes w/Gravy	baby carrots w/dip
	crispy French fries			Stuffing Noodles	green beans
	Broccoli with Parmesan Cheese	peas		Corn	Hot Roll
	mandarin oranges			Hot Roll	rice crispy treat
				Pumpkin Dessert	
					applesauce

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Week 3	Monday, November 23, 2020	Tuesday, November 24, 2020	Wednesday, November 25, 2020	Thursday, November 26, 2020	Friday, November 27, 2020
Monarch Line	Breaded Chicken strips	hamburger or cheese burger or veggie burger			
Pride Line	Breaded Chicken strips	mini corn dogs			
Pizza Line	Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni			
Salad Entrée	chicken pasta salad	chicken pasta salad			
		Crispy French Fries			
	Mashed Potatoes w/Gravy	baked beans			
	peas	choc chocolate chip cookies			
	applesauce				
Week 1	Monday, November 30, 2020	Tuesday, December 1, 2020	Wednesday, December 2, 2020	Thursday, December 3, 2020	Friday, December 4, 2020
Monarch Line	BBQ rib	Popcorn Chicken Bowl		Fish - baked	Pretzel Dog
Pride Line	Chicken Philly	Popcorn Chicken Bowl		Hot Turkey Sandwich	Philly steak Sub
Pizza Line	Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni		Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni
Salad Entrée	Chicken Caesar Salad V102	Chicken Caesar Salad V102		Chicken Caesar Salad V102	Chicken Caesar Salad V102
		Caesar Salad			Creamy Coleslaw
		Steamed Corn		peas	Crispy French Fries
				Hot Roll	
	California blend veggies	Fresh Fruit		Fresh Fruit	carrots
		Hot Roll		wow butter cookies	
				applesauce	



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

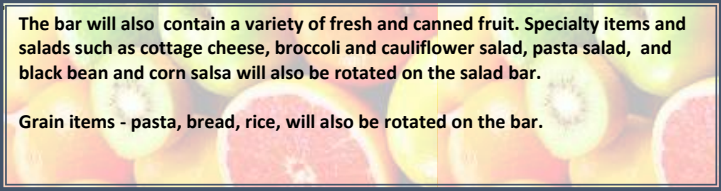
Proteins
 Grains

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.

Grain items - pasta, bread, rice, will also be rotated on the 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