



NOVEMBER 2019

JASPER MIDDLE SCHOOL

Student Meal Price \$2.40
Teacher/Staff Meal Price \$3.50
Visitor Meal Price \$4.00

Monday

Tuesday

Wednesday

Thursday

Friday



Sweet Potatoes

1
Grilled Cheese w/Tomato Soup
Brunch 4 Lunch
Cheese Omelet
w/ Fresh Baked Cinnamon Roll
Roasted Potato Tots
Cucumber & Celery Dippers

4
Boom Boom Chicken & Rice Bowl
Stuffed Crust Pizza
Chef Salad w/ Saltine Crackers
Steamed Broccoli
Fresh Broccoli & Cauliflower Dippers
Fresh Baby Carrots w/ Ranch

5
Beef Nachos w/ Queso Cheese
Loaded Baked Potato w/ Soft Pretzel
Ham & Cheese or Nacho Meat
Deli Sub Express Meal
Southwestern Beans
Lettuce & Tomato Salad

6
Chicken Nuggets
w/ Dinner Roll
Mini Corn Dogs
Chicken Tender Salad w/ Saltine Crackers
Mashed Potatoes
Cucumber & Celery Dippers

7
Cheeseburger
Mozzarella Cheese Sticks w/ Marinara
Yogurt Combo
Steamed Corn
Lettuce & Tomato Salad
Caesar Side Salad]

8
Crispy Chicken Filet Sandwich
Potato Crusted Fish Sticks
w/ Macaroni & Cheese
Sweet Potato Fries
Creamy Coleslaw

11
Walking Taco
Hot Dog
Deli Sub Express Meal
Baked Beans
Lettuce & Tomato Salad

12
Breaded Chicken Tenders
w/Chicken Flavored Brown Rice
Pulled BBQ Pork Sandwich
Chef Salad w/ Saltine Crackers
French Fries
Fresh Broccoli w/ Ranch]

13
Retro Pizza
Chicken & Dressing Bake
Chicken Tender Salad w/ Saltine Crackers
Seasoned Green Beans
Fresh Baby Carrots w/ Ranch
Baked Sweet Potato

14
Baked Spaghetti w/ Garlic Toast
Cheese Stuffed Breadsticks w/ Marinara
Yogurt Combo
Steamed Corn
Caesar Side Salad

15
Philly Cheese Steak Sub
Brunch 4 Lunch
Dutch Waffle w/
Scrambled Eggs & Sausage Links
Roasted Potato Tots
Cucumber & Celery Dippers

18
Orange Chicken & Rice Bowl
Stuffed Crust Pizza
Chef Salad w/ Saltine Crackers
Steamed Broccoli
Fresh Broccoli & Cauliflower Dippers
Fresh Baby Carrots w/ Ranch

19
Beef Nachos w/Queso Cheese
Loaded Baked Potato w/ Soft Pretzel
Ham & Cheese or Nacho Meat
Deli Sub Express Meal
Southwestern Beans
Lettuce & Tomato Salad

20
Thanksgiving Lunch
Featuring Roasted Turkey
w/cornbread dressing

Visitors Welcome- Cost is \$5.00

21
Cheeseburger Sliders
French Bread Pizza
Yogurt Combo
Steamed Corn
Lettuce & Tomato Salad
Caesar Side Salad

22
Crispy Chicken Filet Sandwich
Macaroni & Cheese Bowl
Sweet Potato Fries
Creamy Coleslaw

25
shake it up
IN SCHOOL NUTRITION

26

27

28

29

THANKSGIVING HOLIDAY BREAK
NO SCHOOL 11/25-29

Meals include choice of
Skim, 1% or Fat-Free
Flavored Milk

PBJ Combo Meal
available daily

This institution is an equal opportunity provider.
Menu subject to change based on availability.

Menu includes
choice of fresh
& chilled fruit
daily.

