



Jac-Cen-Del Jr. Sr. High School

Lunch Menu

October 2021



Breakfast

Monday

Tuesday

Wednesday

Thursday

Friday

Monday: Breakfast
Pizza

Tuesday: Egg with
Toast

Wednesday: Yogurt
Banana Split

Thursday: Biscuit and
Gravy

MENU IS SUBJECT TO CHANGE. Do to shortage from company's. Sorry for the inconvenience.

USDA Requirements: Students must select at least **ONE** item from the Fruit and Vegetable offered.

1 Choice of Pizza
Corn
Salad or Applesauce
Veggies, Fruit, Donut



Friday: WG Biscuit w
Egg, Cheese & Ham
Offered: Cereal, Pop
tarts, Cereal Bar and
Yogurt

11 Hamburger or Hot Dog on
Bun
Baby Bakers
Broccoli w Cheese
Fruit
Pudding

12 Chicken Patty on Bun or
Chicken Nuggets w Roll
Au Gratin Potatoes
Slaw
Veggies w Dip
Peach Cobbler

13 Bosco Sticks w Dipping
Sauce or
Lasagna w Breadstick
Tossed Salad w Tomato
Fresh Veggies
Peaches or Pears

14 Salisbury Steak or Shrimp
Poppers with Roll and Jelly
Mashed Potatoes w Gravy
Baked Beans
Cottage Cheese
Mixed Fruit or Peaches

15 Tenderloin on Bun or
Grilled Ham & Cheese
Baked Chips
Salad
Carrot and Celery Sticks
Choice of Fruit

**Breakfast is served
with, Fruit, Juice and
Milk**

**Students must take all
3**

18 Beef & Cheese Burrito w Rice
or Walking Taco
Refried Beans, Shredded Let-
tuce, Cheese and Sour Cream
Broccoli
Peaches

19 Chicken Tenders or Chick-
en Nuggets
Cheesy Diced Potatoes
Buttered Carrots
Salad
Fruit Cup

20 Turkey or Beef Manhattan
Mashed Potatoes w Gravy
Green Beans
Applesauce
Fresh Veggies
Ice Cream

21 Cooks Choice
Green Beans
Salad w Cherry Tomato
Fresh Veggie w Ranch Dip
Chilled Pineapple or Grapes

22 Corn Dog or
Meat Ball Sub on Bun
Baked Fries
Fresh Veggie
Fruit
Pudding

1% White and Chocolate
milk offered daily.

Chef Salad, Sandwiches
and Fruit & Yogurt Par-
faits

25 Hamburger or Pork BBQ on
Bun
Baked Fries
Broccoli w Cheese
Salad w Tomatoes
Peaches or Mixed Fruit

26 Bake Potato Bar or
Chicken Tenders w Mac &
Cheese
Roll w Jelly
Bake Beans
Veggie Sticks
Pears

27 Country Fried Steak or
Meat Loaf w Roll & Jelly
Mashed Potatoes w Gravy
Seasoned Carrots
Slaw
Apple Crisp

28 Chicken Alfredo or
Spaghetti w Meat Sauce
Cheesy Breadstick
Salad
Fresh Veggie Sticks
Sherbet Cup

29 Chili or Tomato Soup
Sun Butter Sandwich
Crackers
Cheese Stick
Veggie Sticks
Fruit

USDA is an equal opportunity
provider and employer.