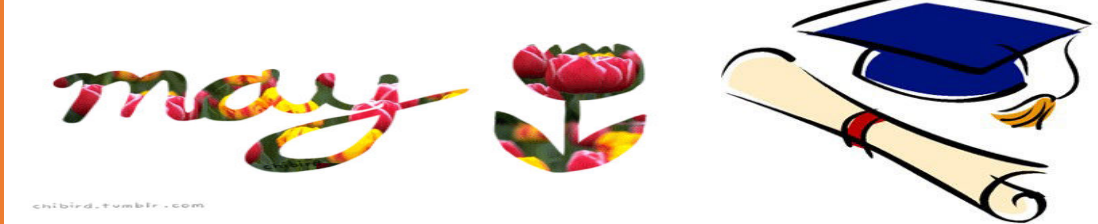


Jac-Cen-Del High School

2022 Lunch Menu



Breakfast

Monday

Tuesday

Wednesday

Thursday

Friday

7:30-8:00

<p><u>Monday:</u> Pancake w Sausage or Pizza <u>Tuesday:</u> Egg with Toast</p>	<p>2 Cheeseburger or Pork BBQ on Bun Baked Fries Mixed Green Salad Mixed Fruit Pudding</p>	<p>3 Chicken Stir Fry or Breaded Chicken Patty on Bun w Po- tato Tossed Salad Mixed Vegetables Mixed Berry Cup Ice Cream Cup</p>	<p>4 Turkey Manhattan or Country Fried Steak Mashed Potatoes w Gravy Seasoned Carrots Applesauce or Mixed Fruit</p>	<p>5 Chili or Tomato Soup w Crackers Sun butter Sandwich Cheese Cubes Fresh Veggies Fruit Cup Brownie</p>	<p>6 Baked Tenderloin or Rib-B-Que on Bun Baked Chips Fresh Veggies Choice of Fruit Cookie</p>
<p><u>Wednesday:</u> Muffin or Banana Split <u>Thursday:</u> Biscuit and Gravy</p>	<p>9 Hamburger on Bun or Corn Dog Baked Fries Mixed Vegetables Fresh Veggie Apple Crisp</p>	<p>10 Walking or Soft Shell Taco's Refried Beans, Salsa, Cheese and Lettuce Corn Strawberry Muffin Applesauce / Pears</p>	<p>11 Spaghetti w Meat Balls or Chicken Alfredo Shredded Cheese Garlic Bread Tossed Salad Choice of Fruit</p>	<p>12 Beef n Cheese Burrito w Rice or Ravioli w Breadstick Tossed Salad Seasoned Carrots Fresh Veggies Strawberry Cup</p>	<p>13 Toasted Ham and Cheese or Baked Tenderloin on Bun Baked Chips Baked Beans Fresh Veggies Choice of Fruit</p>
<p><u>Friday:</u> WG Biscuit w Egg, Cheese & Ham or Donut</p>	<p>16 Bosco Sticks or Nacho Supreme Roll with Jelly Mixed Vegetables Tossed Salad Fresh Veggie Sticks Peach or Strawberry Cup</p>	<p>17 Brunch for Lunch Pancake w Sausage or Biscuit w Gravy Egg Patty Fresh Veggies Cinnamon Roll Yogurt w Berries</p>	<p>18 Cooks Choice Hot Vegetable Salad Fruit</p>	<p>19 Cooks Choice Hot Vegetable Salad Fruit</p>	<p>20 Cooks Choice Hot Vegetable Salad Fruit</p>
<p><u>Offered:</u> Cereal, Pop tarts, Cereal Bar and Yogurt. Breakfast is served with Fruit, Juice and <u>Milk. Students must</u> <u>take all 3.</u></p>	<p>23 Choice of Pizza Salad w Tomato Fresh Veggies Peaches Donut</p>	<p>24 Clean Out Freezer Day</p>	<p>25 Last Student Day Cook out Day Hamburger Hot Dogs Chips Veggie/Fruit/ Cookie</p>		
<p>USDA Require- ments: Students must select at least ONE item from the Fruit and Vegetable offered</p>	<p><u>MENU IS</u> <u>SUBJECT</u> <u>TO CHANGE.</u> <u>Do to shortage</u> <u>from company's.</u> <u>Sorry for the</u> <u>inconvenience</u></p>				