



Jac-Cen-Del Jr. Sr. High
School
Lunch Menu
January



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Monday

Tuesday

Wednesday

Thursday

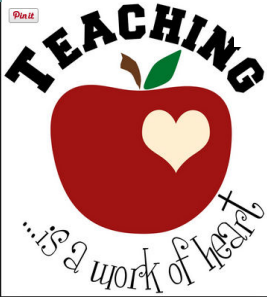
Friday

Breakfast
7:30-8:00



Monday
Breakfast Pizza

Tuesday
Egg with Toast
Wednesday
Yogurt Banana
split



Choice of Pizza
Seasoned Carrots
Apples
Peaches or Pears
WG Donut

Grilled Chicken
Pattie on Bun or
Shrimp Poppers w
Roll
Baby Bakers
Green Beans
Mixed Salad
Mix Fruit

Walking Taco or
Taco's
Shredded Cheese,
Refried Beans,
Salsa
Corn
Veggies w Dip
Applesauce

8 Tenderloin or
Hamburger on Bun
Baked Fries
Cheesy Broccoli
Fresh Vegetables
Fruit Cup
WG Cookie

Thursday
Sausage Gravy w
Biscuit
Friday
WG Biscuit w Egg
and Cheese

11 Hot Dog on Bun or
Corn Dog
Baked Tots
Baked Beans
Fresh Vegetables
Pears
WG Cookie

12 Bosco Sticks or
Pizza Bosco
Marinara Sauce
Mixed Vegetables
Tossed Salad
Fruited Jell-O

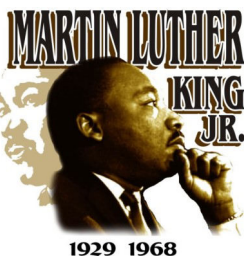


14 Chicken Alfredo
or Spaghetti
Cheesy Garlic
Bread
Fresh Veggies w
Dip
Strawberry Cup

15 Tenderloin or
Hamburger on Bun
Baked Chips
Broccoli
Carrots w Dip
Chilled Fruit
Pudding

USDA
Requirements:
Students must select at least ONE item from the Fruit and Vegetables offered

18 No School



19 Chicken Tenders or
Nuggets
Dinner Roll
Mac & Cheese
Slaw
Fresh Veggies
Peach Crisp

20 Brunch for
Lunch
Sausage Gravy w
Biscuit Stick or
Pancakes w Sausage
Scramble Eggs
Hash brown
Orange Smiles

21 Chili or Mac &
Cheese
Sunbutter Sandwich
Fresh Veggies
Mixed Fruit or
Pears

22 Hamburger or
Tenderloin on Bun
Baked Chips
Seasoned Broccoli
Veggies W Dip
Choice of Fruit



25 Meat Ball Sub or
Breaded Beef Pattie on
Bun
Baked Fries
Seasoned Peas
Fresh Veggies
Fruit and Cookie

26 Beef n Bean
Burrito or Chicken
Cheese Crispito
Seasoned Rice
Refried Beans
Fresh Veggie's
Choice of Fruit

27 Turkey or Beef
Manhattan
Mashed Potatoes
Green Beans
Applesauce
Ice Cream

28 Taco's or Bosco
sticks
Lettuce, Cheese, Salsa,
Refried Beans
Corn
Fresh Veggie and
Fruit

29 Cooks Choice
Baked Chips
Baked Beans
Cottage Cheese
Diced Peaches
WG Cookie

