



Jac-Cen-Del High School Lunch Menu August 2020



**Breakfast
7:30-8:00 am**

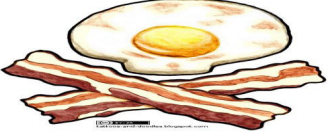
Monday

Tuesday

Wednesday

Thursday

Friday

<p>Monday Breakfast Pizza Tuesday Egg with Toast Wednesday Yogurt Banana Split</p>	<p><i>3 Menu Subject To change</i></p>	<p>4</p>	<p>5 Hot Dog on Bun or Cheeseburger on Bun with Tomato Slice, Pick- les,& Leaf Lettuce Baked Fries or Steamed Broccoli</p>	<p>6 Stuff Crust Pizza or Crispy Chicken on Bun Carrot & Red Peppers Mixed Salad Fruit Cookie</p>	<p>7 Bar-Que or Baked Tenderloin on Bun, Carrot and Celery Sticks Baked Chips Diced Pears</p>
<p>Thursday Sausage Gravy w Biscuit Biscuit Friday WG Biscuit w Egg, Cheese,</p>	<p>10 Beef N Cheddar or Cheeseburger on WG Bun Baked Waffle Fries Steamed Broccoli Pudding</p>	<p>11 Pepperoni Pizza or Crispy Chicken on Bun Garlic Potatoes Glazed Carrots Hot Apples Cookie</p>	<p>12 Beefaroni w Bread- stick or Chicken Quesadilla Steamed Carrots Mixed Salad Peaches & Pineapples</p>	<p>13 Walking Taco or Soft Shell Taco Refried Beans, Salsa, Cheese, Shredded Let- tuce Corn and Applesauce</p>	<p>14 Pork Rib-Q or Baked Tenderloin on Bun Baked Chips or Romaine Salad Chilled Fruit</p>
 <p>Breakfast is served with</p>	<p>17 Pork BBQ or Cheese- burger on Bun Baked Fries Steamed Broccoli Pudding</p>	<p>18 Spaghetti w Meat Sauce or Crispy Chick- en Tenders Pizza Stick with Dip Glazed Carrots Choice of Fruit</p>	<p>19 Lunchmeat Sandwich or Stuffed Calzone, Mix Salad, Choice of Fruit Cookie</p>	<p>20 Baked Cheese Sticks w Marianna Sauce or Rib-B-Q on Bun Baked Beans Mix Salad and Pears Choice of Fruit</p>	<p>21 Cook' Choice Green Beans Fresh Romaine Sal- ad Chilled Pineapple or Orange Slices</p>
<p>Fruit, Juice and Milk. Students must take all 3.</p>	<p>24 Corn Dog or Cheese- burger on WG Bun Baked Fries Mix Green Salad Pudding</p>	<p>25 Beef & Cheese Burrito w Rice or Grilled Chick- en Filet on WG Bun Baked Tostadas Chips w Salsa WG Cookie</p>	<p>26 Mac & Cheese or Ravioli with Pizza Stick Mix Salad Green Beans Peaches or Fresh Apple Slices</p>	<p>27 Bosco Stick w Mari- nara Sauce or Lasagna Roll Mixed Salad Fresh Veggies Mixed Fruit</p>	<p>28 Choice Pizza Green Beans Fresh Romaine Salad Chilled Pineapple Cookie</p>
<p>1% white milk and Fat Free Chocolate. Chef Salads, Sandwiches and Fruit & Yogurt Parfaits offered Daily</p>	<p>31 Meat Ball Sub or Ham- burger on Bun Baked Fries Side Salad w Tomato Peaches</p>				