



*Jac-Cen-Del Jr. Sr. High School
Lunch Menu
September 2021*



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

Monday

Tuesday

Wednesday

Thursday

Friday

<p>Monday Breakfast Pizza Tuesday Egg with Toast Wednesday Yogurt Banana Split</p>	<p>USDA Requirements: <i>Students must select at least ONE item from the Fruit and Vegetable offered.</i></p>	<p>MENU IS SUBJECT TO CHANGE. Do to shortage from company's. Sorry for the inconvenience.</p>	<p>1 Chicken Tenders or Beef n Gravy with Rolls Mashed Potatoes Buttered Carrots Fresh Veggies Fruit/ Cookie</p>	<p>2 Pork BBQ or Breaded Beef Pattie on Bun Baked Fries Carrots w Dip Fruit Sherbet</p>	<p>3 E-Learning Day</p>
<p>Thursday Biscuit & Sausage Gravy Friday WG Biscuit w Egg and Cheese</p>	<p>6 Labor Day <i>No School</i></p>	<p>7 Pizza or Build your Chicken Bowl Seasoned Rice Roll w Jelly Fresh Veggie Slaw Fruit</p>	<p>8 Beefaroni w Breadstick or Chicken Quesadilla Seasoned Peas Applesauce or Salad Peach or Strawberry</p>	<p>9 Walking Taco or Chicken Cheese Crispito Salsa, Cheese, Sour Cream, Shredded Lettuce Refried Beans Fresh Veggies & Fruit</p>	<p>10 Grilled Ham & Cheese or Tenderloin on Bun Mac & Cheese Slaw Fresh Veggie Fruit</p>
<p>Breakfast is served with Fruit, Juice and Milk. Students must take all 3.</p>	<p>13 Hot Dog or Hamburger on Bun Lettuce, Cheese, Pickles, Tomato Slices Baked Fries Cheesy Broccoli Pudding</p>	<p>14 Brunch for Lunch Pancakes & Sausage Gravy w Biscuit Cinnamon Roll Yogurt w Granola Fresh Fruit</p>	<p>15 Baked Potato Bar (Broccoli, Taco or Chicken, Cheese, Bacon Bits, Sour Cream) or Chicken Tenders w Mac & Cheese Baked Beans Veggie Sticks Strawberry Cup</p>	<p>16 Chicken Alfredo or Spaghetti w Meat Sauce Cheesy Garlic Breadstick Mixed Salad Fresh Veggies Ice Cream</p>	<p>17 Choice of Sandwich Baby Bakers Baked Beans Veggie Sticks Mixed Fruit Cookie</p>
<p>Senior Dinner 11:00-1:00</p>	<p>20 Corn Dog or Hamburger on Bun Baked Tater Tots Lettuce, Cheese, & Pickles Fresh Veggies Fruit and Cookie</p>	<p>21 Chicken Quesadilla w Salsa or Chicken Nuggets Roll w Jelly Mashed Potatoes Mixed Salad Fresh Veggies</p>	<p>22 Chili or Chicken n Noodles Sun butter Sandwich Cheese Stick Fresh Veggies Fruit & Cookie</p>	<p>23 Baked Tenderloin or Baked Fish on Bun Mac & Cheese Baked Beans Veggie Sticks Strawberry Cup</p>	<p>24 Choice or Pizza Baked Chips Fresh Veggies Fruit Cup Donut</p>
<p>1% white milk and Chocolate. Chef Salads, Sandwiches and Fruit & Yogurt Parfaits offered Daily</p>	<p>27 Pork BBQ or Hamburger on Bun Baked Fries Fresh Veggie Fruit Pudding</p>	<p>28 Bosco Sticks or Nacho Supreme Roll w Jelly Buttered Carrots Slaw or Applesauce Pears</p>	<p>29 Grilled Chicken or Chicken Tenders Rolls w Jelly Mashed Potatoes Green Beans Applesauce Fruit</p>	<p>30 Turkey or Beef Manhattan Mashed Potatoes/Gravy Green Beans Applesauce Watermelon</p>	<p><i>USDA is an equal opportunity provider and employer.</i></p>