




Breakfast & Lunch are Free

AUGUST 2022

Jabish Brook Middle School

Breakfast offer with choice of 1% or fat free white milk. Lunch offered with choice of 1% or fat free white milk Or fat free chocolate milk Lactaid milk available upon request Milk with home lunch costs \$.50(fifty cents)

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	Breakfast Café LUNCH Hot Dog With Baked Beans, WG Chips & Watermelon	Breakfast Café LUNCH Cold Sesame Noodles with Asian Chicken & Spring Rolls & fruit		



Menu is subject to change.

Grades 7-12 FREE Breakfast Cafe offers whole grain Cereals & Cereal Bars, Muffins, Bagels & Breads, Sweet Roll, Pop tarts, & assorted daily hot breakfasts, 100% fruit juice and white milk Grades 7-12 offer daily in school entrée alternative Choices: Pizza Station, Deli Bar, and Garden Salad

First Meal is FREE, Second Meals are \$3.50