



FEBRUARY 2023

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)

Breakfast and Lunch are Free

Jabish Brook Middle School

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast Café LUNCH 6

Pulled Pork on WG roll, coleslaw & fruit

Breakfast Café LUNCH 7

Chicken Taco Salad Salsa, sour cream, shredded Cheese, Corn Chips & Ranchero beans & fruit

Breakfast Café LUNCH 8

Pasta Bar Choice of Marinara or Chicken Alfredo sauce, Caesar Salad & garlic bread

Breakfast Café LUNCH 9

Meatloaf, Mashed Potatoes, Gravy & Seasonal Veggies Fruit

Breakfast Café LUNCH 10

Chicken Patty WG roll, Lettuce, Tomato, Pickles, chips

Breakfast Café LUNCH 13

Sausage & Pepper Grinder Pasta Salad & fruit

Breakfast Café LUNCH 14

Cheese Quesadillas with Sour Cream, salsa, & beans Fruit

Breakfast Café LUNCH 15

Buffalo Mac & Cheese Seasonal Veggies & Fruit Fruit

Breakfast Café LUNCH 16

Burger Day: Hamburger, Whole Grain roll, Lettuce, Tomato, Pickles, Oven Fries & Fruit

Breakfast Café LUNCH 17

Fish Nuggets & Fries With Coleslaw, Tartar Sauce & Fruit

No School 20

No School 21

No School 22

No School 23

No School 24

Breakfast Café LUNCH 27

Hot Dog Served on a WG bun, baked beans, Veggie sticks & Fruit

Breakfast Café LUNCH 28

Tater Tot Nachos "Totchos" Ground beef, Cheese, salsa, sour cream, & black beans



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