



LUNCH

Breakfast & Lunch are Free

SEPTEMBER 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)

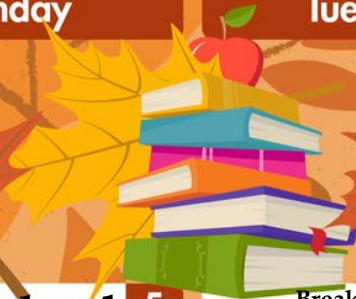
Monday

Tuesday

Wednesday

Thursday

Friday



No School Today 5

Breakfast Café LUNCH 6
Chicken Taco Salad
Salsa, sour cream, shredded Cheese, Corn Chips & beans
Fruit

Breakfast Café LUNCH 7
Pasta Bar
Choice of Marinara or Chicken Alfredo sauce, Caesar Salad & garlic knots

Breakfast Café LUNCH 1
Munchie Basket
Mozzarella sticks, Chicken nuggets, Fries, Veggie Sticks & fruit

Breakfast Café LUNCH 2
Chicken Patty
WG roll,
Lettuce, Tomato,
Pickles, Barely Salad

Breakfast Café LUNCH 8
Oriole Bowl
Popcorn Chicken, corn, mashed potato & gravy
Fruit

Breakfast Café LUNCH 9
Burger Day:
Hamburger, Whole Grain roll,
Lettuce, Tomato,
Pickles, Pasta Salad & Fruit

Breakfast Café LUNCH 12
Chicken Bacon Ranch Sandwich
With Coleslaw, Chips & Fruit

Breakfast Café LUNCH 13
Tater Tot Nachos "Totchos"
Ground beef, Cheese, salsa, sour cream, & black beans

Breakfast Café LUNCH 14
Garlic Chicken with Butter Noodles & Mixed Vegetables, & Fruit

Breakfast Café LUNCH 15
Deluxe Grilled Cheese Bar Kale Salad
Fruit

Breakfast Café LUNCH 16
Sausage Grinder with peppers & Onion on WG roll, Chickpea Feta Salad & Fruit

Breakfast Café LUNCH 19
Fish & Chips
With Coleslaw, Oven Fries
Tartar Sauce & Fruit

Breakfast Café LUNCH 20
TACO Truck Style Carnitas (slow cooked pork) Tacos
Salsa, sour cream, shredded Cheese, & Beans

Breakfast Café LUNCH 21
Pasta Bar
Choice of Marinara or Chicken Alfredo sauce, Caesar Salad & garlic knots

Breakfast Café LUNCH 22
Mediterranean Chicken
Rice & Vegetables,
Fruit

Breakfast Café LUNCH 23
Chicken Patty
WG roll,
Lettuce, Tomato,
Pickles, Barely Salad

Breakfast Café LUNCH 26
Hawaiian Chicken & Rice
Served with Pineapples, Peppers, Onions & Fruit

Breakfast Café LUNCH 27
Cheese Quesadillas with Sour Cream, salsa, & Black beans
Fruit

Breakfast Café LUNCH 28
Pulled Pork Mac & Cheese
Seasonal Veggies & Fruit
Fruit

Breakfast Café LUNCH 29
Asian Chicken
Fried Rice, Vegetables,
Veggie Eggroll
Fruit

Breakfast Café LUNCH 30
Meatball Grinder, on a WG roll
Cheese, garden salad,
& 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