

SEPTEMBER | 2022



Grades 7-12

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>29</p>	<p>30</p>	<p>31</p>	<p>1 Breakfast I.W. Cinnamon Roll Fruit Milk Fruit Juice Lunch Turkey Sub or PB& J Lettuce/Tomato/Onion/Pickle Baby Carrots Vegetarian Beans Milk Fruit</p>	<p>2 No School Labor Day Break</p>
<p>5 No School Labor Day</p>	<p>6 Breakfast I.W. Cinnamon Roll Fruit Milk Fruit Juice Lunch Grilled Cheese or Spicy Chicken Sandwich Tater Tots Glazed Carrots Milk Fruit</p>	<p>7 Breakfast Chicken Biscuit Fruit Milk Fruit Juice Lunch Hot Dog/ Chili /Bun or Pork Rib Patty/ Sub Bun Fries Baked Beans Milk Fruit</p>	<p>8 Breakfast Bacon, Egg & Cheese Biscuit Fruit Milk Fruit Juice Lunch Orange Glazed Chicken or Beef Nuggets W.W. Roll Mashed Potatoes Broccoli Milk Fruit</p>	<p>9 Breakfast Biscuit & Gravy Fruit Milk Fruit Juice Lunch Pepperoni or Cheese Sliced Pizza Corn Green Beans Milk Fruit</p>
<p>12 Breakfast Sausage Biscuit Fruit Milk Fruit Juice Lunch Taco in a Bag/Chips/Cheese or Cheese Quesadilla Lettuce/Tomato/Onion Corn Black Beans Milk Fruit</p>	<p>13 Breakfast I.W. Cinnamon Roll Fruit Milk Fruit Juice Lunch Popcorn Chicken or Beef Nuggets W.W. Roll Mashed Potatoes Green Beans Milk Fruit</p>	<p>14 Breakfast Chicken Biscuit Fruit Milk Fruit Juice Lunch Pork BBQ or Chicken Sandwich Quick Baked Potato Baked Beans Milk Fruit</p>	<p>15 Breakfast Bacon, Egg & Cheese Biscuit Fruit Milk Fruit Juice Lunch Spaghetti/Meat Sauce/ Breadstick Or PB& J Sandwich Glazed Carrots Broccoli Milk Fruit</p>	<p>16 Breakfast Biscuit & Gravy Fruit Milk Fruit Juice Lunch Pepperoni or Cheese Sliced Pizza Corn Green Beans Milk Fruit</p>
<p>19 Breakfast Sausage Biscuit Fruit Milk Fruit Juice Lunch Corn Dog Nuggets or Fish Stick/ Hush Puppies Macaroni & Cheese Beans Milk Fruit</p>	<p>20 Breakfast I.W. Cinnamon Roll Fruit Milk Fruit Juice Lunch Hamburger or Chicken Sandwich Lettuce/Tomato/Onion/Pickle Fries California Blend Milk Fruit</p>	<p>21 Breakfast Chicken Biscuit Fruit Milk Fruit Juice Lunch Chicken Tenders/W.W. Roll or PB& J Sandwich Mashed Potatoes Broccoli Milk Fruit</p>	<p>22 Breakfast Bacon, Egg & Cheese Biscuit Fruit Milk Fruit Juice Lunch Turkey Sub or PB & J Sandwich Lettuce/Tomato/Onion/Pickle Baby Carrots Baked Beans Milk Fruit Juice</p>	<p>23 Breakfast Biscuit & Gravy Fruit Milk Fruit Juice Lunch Pepperoni or Cheese Sliced Pizza Corn Green Beans Milk Fruit Juice</p>
<p>26 Breakfast Sausage Biscuit Fruit Milk Fruit Juice Lunch Oven Fried Chicken/W.W. Roll Or PB & J Sandwich Mashed Potatoes Peas Milk Fruit</p>	<p>27 Breakfast I.W. Cinnamon Roll Fruit Milk Fruit Juice Lunch Grilled Cheese or Spicy Chicken Sandwich Tater Tots Glazed Carrots Milk Fruit</p>	<p>28 Breakfast Chicken Biscuit Fruit Milk Fruit Juice Lunch Hot Dog/Chili/W.W. Bun or Pork Rib Patty/Sub Bun Fries Baked Beans Milk Fruit</p>	<p>29 Breakfast Bacon, Egg & Cheese Biscuit Fruit Milk Fruit Juice Lunch Orange Glazed Chicken or Beef Nuggets W.W. Rolls Mashed Potatoes Broccoli Milk Fruit</p>	<p>30 Breakfast Biscuit & Gravy Fruit Milk Fruit Juice Lunch Pepperoni or Cheese Sliced Pizza Corn Green Beans Milk Fruit</p>

News

JCMS get first entrée
Listed for Lunch.

Cereal/Cereal Bar offered
Daily for breakfast.

This Institution is an equal
opportunity provider.