



MJSHS School Lunch Menu

November 2017

refresh. refuel. relax.

November it is Cold Sandwich Month!

Try these Specials the 6th-15th.

Chicken BLT is a mix of Diced Chicken, bacon, tomato & mayo topped w/lettuce on a sub roll.



Southwest Chicken Pinwheel – Diced chicken, black beans, cheddar cheese, salsa & southwest spices all wrapped in a tortilla w/lettuce

- 1**
- Chicken Pony Show 53.5
 - BBQ Onion
 - Cheeseburger 40.8
 - Cheeseburger Pizza 31.06
 - Turkey & Cheese Deli 33.5

Oven Fries 17.26
Fruit & Veggie Bar

- 2**
- Sloppy Joe Melt 36.12
 - Pulled Pork 43.5
 - BBQ Chicken Pizza 43.57
 - Popcorn Chicken Salad 14.64

Steamed Broccoli 4.61
Applesauce 13.72

- 3**
- National Sandwich Day!**
 - Bacon Cheeseburger
 - Ham & Cheese Melt 33
 - Cheese Pizza
 - Egg Chef Salad 4.17

Baked Beans 29.16
Mixed Fruit 13

- 6** **FUEL**
Chicken BLT Sub

- Breakfast for Lunch
Meatball Sub 34.10
Sausage Pizza
All American Cobb Salad 5.75

Tater Tots 16.14
Mixed Fruit 13

- 7** **FUEL**
Chicken BLT Sub

- Country Chicken
Nugget Bowl 38.8
Pizza Burger 33.05
Taco Pizza 31.27
Ham & Cheese Deli

Steamed Carrots 6.77
Peaches 12.2

- 8** **FUEL**
Chicken BLT Sub

- Beef & Bean Burrito 54.47
Grilled Cheese & Bacon
Sandwich 32.73
Meatball Pizza 31.13
Turkey & Cheese Deli 33.5

Steamed Broccoli 4.61
Pears 14.15

- 9** **FUEL**
Chicken BLT Sub

- Macaroni & Cheese 26.35
BBQ Rib 53.01
Cheeseburger Pizza 31.06
Egg Chef Salad 4.17 / Roll 29

Peas 13.37
Fruit & Veggie Bar

- 10**
- BBQ Chicken & Cheddar Flatbread 39.98
 - Spicy Chicken Sandwich
 - Vegetable Pizza 33.95

Baked Beans 29.16
Mixed Fruit 13

- 13** **FUEL**
Southwest Chicken Pinwheel

- Chicken & Noodles
Sausage Pizza
Ham & Cheese Deli

Steamed Broccoli 4.61
Fresh Orange

- 14** **FUEL**
Southwest Chicken Pinwheel

- Chili 12.23 w/Chez-Its 14
Taco Pizza 31.27
Chicken Caesar Salad 13.02

Steamed Carrots 6.77
Peaches 12.2

- 15** **FUEL**
Southwest Chicken Pinwheel

- BBQ Pork Rib 53.01
Buffalo Chicken Pizza 30.88
Chicken Salad SW* 33.81

Baked Beans 29.16
Pears 14.15

- 16** **New Item**
Enchilada Casserole

- Buffalo Chicken SW* 29.27
Bruschetta Pizza 30.76
Popcorn Chicken Salad 14.64

Mexican Corn
Applesauce 13.72

- 17**
- Thanksgiving Dinner**
 - Roasted Turkey
 - Mashed Potatoes,
 - Sweet Potatoes
 - Traditional Stuffing,
 - Green Beans

- 20**
- Meatloaf 4 w/Roll 28
 - Sausage Pizza 31.25
 - Ham & Cheese Wrap 39.54

Mashed Potatoes 15.3,
Gravy 4.76
Mixed Fruit 13

- 21**
- Chicken Pony Shoe
 - Vegetarian Hawaiian Pizza 36.14
 - Turkey & Cheese Deli 33.5

Baked Beans 29.16
Peaches 12.2

- 22**
- Thanksgiving Break
 - No School

- 23**
- Thanksgiving Day
 - No School

- 24**
- Thanksgiving Break
 - No School

- 27** **New Item**
- Breaded Cheese Sticks w/Marinara 10
 - Chicken Club Flatbread 32.09
 - Sausage Pizza 31.25
 - Ham Chef Salad 5.85

Green Beans 4.49
Mixed Fruit 13

- 28**
- Tomato Soup 19.57
 - Grilled Cheese 32.5
 - Lime Chipotle Chicken Burrito 64.86
 - Taco Pizza 31.27
 - Chicken Caesar Salad 13.02

Steamed Broccoli 4.61
Peaches 12.2

- 29**
- Orange Chicken 22.68
 - w/Rice 42.36
 - Taco Burger 31.84
 - Cheeseburger Pizza 31.06
 - Chicken Salad SW* 33.81

Steamed Carrots 6.77
Pears 14.15

- 30**
- Spaghetti Carbonara 30.66
 - BBQ Pork Rib 53.01
 - Buffalo Chicken Pizza 30.88
 - Egg Chef Salad 4.36

Peas 13.37
Applesauce 13.72

- 1**
- Chicken Parmesan Flatbread 39.21
 - Meatball Sub 34.10
 - Pepperoni Pizza
 - Turkey & Cheese Deli 33.5

Baked Beans 29.16
Mixed Fruit 13

OFFERED DAILY.

- Hamburger 29
- Cheeseburger 29.5
- Chicken Patty 39
- Cheese Pizza 30.88
- Pepperoni Pizza 30.88
- Sun Butter & Jelly 69.74
- Made-to-Order Taco's & Nacho's
- Spicy Popcorn Chicken 16.12 (Mon)
- Chicken Nuggets 12.5 (Tue)
- Chicken Tenders 37 (Wed)
- Popcorn Chicken 15.23 (Thur)
- Spicy Chicken 39 (Fri)

- Lunch Meal: \$2.65
- Reduced Meal: \$0.40
- Adult Meal: \$2.95
- Milk (Only) \$0.55

- Milk Choices:**
- 1% White Milk 12.18
- Fat Free White Milk 12.16
- Fat Free Chocolate 20

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Menu Subject to Change