



# April 2021

## Breakfast & Lunch High School Menu

*Food & Nutrition*  
JO COMBS

### Daily Options

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Cereal w/Nutri Grain Bar  
or BeneFIT Bar  
.....  
Crispy Chicken Salad  
Fruit & Yogurt Parfait

**Breakfast Daily**  
Seasonal Whole Fresh Fruit  
or 100% Fruit Juice  
1% White Milk

**Lunch Daily**  
Seasonal Whole Fresh Fruit  
Seasonal Vegetables  
1% White Milk or Fat Free  
Chocolate Milk

Yogurt & Muffin <sup>1</sup>  
.....  
Cheese Filled Bread Sticks  
w/Marinara Sauce  
or Walking Taco



Cereal w/Muffin  
or BeneFIT Bar  
.....  
Chicken Caesar Salad  
Deli Sandwich

Bagel with <sup>5</sup>  
Cream Cheese  
.....  
Buffalo Chicken / Cheese  
Pizza or  
Orange Chicken Bowl

Mini Maple <sup>6</sup>  
Waffles  
.....  
Hamburger/Cheeseburger  
or  
Ravioli w/Dinner Roll

Sausage, Egg & Cheese <sup>7</sup>  
Breakfast Sandwich  
.....  
PB&J Sandwich  
Protein Pack

Fruit Smoothie <sup>8</sup>  
& Crackers  
.....  
Cheese Filled Bread Sticks  
w/Marinara Sauce or  
Bean & Cheese Burrito

Whole Wheat <sup>9</sup>  
Honey Bun  
.....  
Chicken Taquitos  
or Spicy/Regular  
Chicken Sandwich

Cereal w/String Cheese  
or BeneFIT Bar  
.....  
Chef Salad w/Roll  
Chicken Caesar Wrap

Coffee Cinnamon <sup>12</sup>  
Crumble Cake  
.....  
Cheese /Pepperoni Pizza  
or  
Chicken Tenders w/Roll

Mini Pancakes <sup>13</sup>  
.....  
Chicken Nuggets w/Roll  
or  
Hamburger/Cheeseburger

Fruit & Yogurt <sup>14</sup>  
Parfait w/Granola  
.....  
PB&J Sandwich  
Protein Pack

Egg, Bacon & Cheese <sup>15</sup>  
Breakfast Burrito  
.....  
Cheese Filled Bread Sticks  
w/Marinara Sauce or  
Teriyaki Chicken Bowl

Cinnamon Roll <sup>16</sup>  
.....  
Pepperoni & Cheese Calzone  
or Spicy/Regular  
Chicken Sandwich

Cereal w/Nutri Grain Bar  
or BeneFIT Bar  
.....  
Crispy Chicken Salad  
Fruit & Yogurt Parfait

Pancake <sup>19</sup>  
on a Stick  
.....  
Cheese/Pepperoni Pizza  
or  
Meatball & Potato Bowl

French Toast <sup>20</sup>  
.....  
Spicy BBQ Korean  
Chicken Bowl or  
Hamburger/Cheeseburger

Scrambled Eggs <sup>21</sup>  
& Muffin  
.....  
PB&J Sandwich  
Protein Pack

Yogurt & Muffin <sup>22</sup>  
.....  
Cheese Filled Bread Sticks  
w/Marinara Sauce  
or Walking Taco

Mini Donuts <sup>23</sup>  
.....  
Mac & Cheese w/Roll  
or Spicy/Regular  
Chicken Sandwich

Cereal w/Muffin  
or BeneFIT Bar  
.....  
Chicken Caesar Salad  
Deli Sandwich

Bagel with <sup>26</sup>  
Cream Cheese  
.....  
Buffalo Chicken / Cheese  
Pizza or  
Orange Chicken Bowl

Mini Maple <sup>27</sup>  
Waffles  
.....  
Hamburger/Cheeseburger  
or  
Ravioli w/Dinner Roll

Sausage, Egg & Cheese <sup>28</sup>  
Breakfast Sandwich  
.....  
PB&J Sandwich  
Protein Pack

Fruit Smoothie <sup>29</sup>  
& Crackers  
.....  
Cheese Filled Bread Sticks  
w/Marinara Sauce or  
Bean & Cheese Burrito

Whole Wheat <sup>30</sup>  
Honey Bun  
.....  
Chicken Taquitos  
or Spicy/Regular  
Chicken Sandwich

**Meals are FREE to all Pk-12 grade students until the end of the school year.**

**For virtual students, a 5 day meal package is distributed curbside every Monday from 6:30-8:00am at JO Combs Middle School**

Questions? Please contact Yezica Hostetler, Food & Nutrition Supervisor at (480)987-5311 or yhostetler@jocombs.org  
Menu Items may change due to availability. This is an equal opportunity provider