



December 2020

Breakfast & Lunch Middle School Menu

Food & Nutrition
JO COMBS

Daily Options

Cereal w/String Cheese
or BeneFIT Bar
.....
Chef Salad
M,W,F - PBJ Protein Pack
Tu & Th - Chicken Wrap

Cereal w/NutriGrain Bar
or BenFIT Bar
.....
Crispy Chicken Salad
M,W,F - PBJ Protein Pack
Tu & Th - Yogurt Parfait

Cereal w/Muffin
or BeneFIT Bar
.....
Chicken Caesar Salad
M,W,F - PBJ Protein Pack
Tu & Th - Deli Sub

Monday

Pancake on a Stick ⁷
.....
Chicken Nuggets with Roll
or
Grilled Cheese Sandwich

Bagel with ¹⁴
Cream Cheese
.....
Chicken Nuggets w/Roll
or Cheese Filled Bread Sticks
w/Marinara Sauce

Tuesday

Mini Maple ¹
Pancakes
.....
Cheeseburger
or
Bosco Sticks w/Marinara

Triple Berry ⁸
French Toast
.....
Hamburger
or Lasagna w/Garlic
Bread Stick

Mini Maple ¹⁵
Waffles
.....
Cheeseburger
or
Chicken & Cheese Taquitos

Wednesday

Fruit & Yogurt ²
Parfait
.....
Mini Corn Dogs or
Oven Roasted Chicken
with Mashed Potatoes

Egg & Cheese ⁹
Breakfast Sandwich
.....
Corn Dogs
or
Mac & Cheese w/Roll

Mini Maple ¹⁶
Waffles
.....
Mini Corn Dogs
or
Bean & Cheese Burrito

Thursday

Egg & Cheese ³
Breakfast Burrito
.....
Pepperoni Pizza
or
Sweet & Sour Chicken Bowl

Yogurt Smoothie ¹⁰
& Donut Hole
.....
Cheese Pizza
or
Popcorn Chicken Bowl

Yogurt & Muffin ¹⁷
.....
Pepperoni Pizza
or
Orange Chicken Bowl

Friday

Cinnamon Roll ⁴
.....
Spicy Chicken Sandwich
or
Beef Tacos

Mini Donuts ¹¹
.....
Crispy Chicken Sandwich
or
Carnitas Tacos

Whole Wheat ¹⁸
Honey Bun
.....
Spicy Chicken Sandwich
or
Ravioli with Dinner Roll

WINTER BREAK



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

All Students eat FREE

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



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