



January 2021

Breakfast & Lunch High School Menu

Food & Nutrition
JO COMBS

Daily Options

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

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

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

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

Monday

Pancake **11**
on a Stick
.....
Cheese/Pepperoni Pizza
or
Popcorn Chicken Bowl

 **18**

Cinnamon Crumble **25**
Coffee Cake
.....
Cheese/Pepperoni Pizza
or
Chicken Tenders w/Roll

Tuesday

Maple **5**
Pancakes
.....
Hamburger/Cheeseburger
or Nacho Cheese
Pretzel Pocket

Triple Berry **12**
French Toast
.....
Hamburger/Cheeseburger
or Lasagna
w/Garlic Bread Stick

Maple Waffles **19**
.....
Hamburger/Cheeseburger
or
Ravioli w/Dinner Roll

Maple **26**
Pancakes
.....
Hamburger/Cheeseburger
or Nacho Cheese
Pretzel Pocket

Wednesday

Fruit & Yogurt **6**
Parfait
.....
PB&J Sandwich
Protein Pack

Scrambled Eggs **13**
& Tortilla
.....
PB&J Sandwich
Protein Pack

Egg, Cheese & Sausage **20**
Sandwich
.....
PB&J Sandwich
Protein Pack

Fruit & Yogurt **27**
Parfait
.....
PB&J Sandwich
Protein Pack

Thursday

Egg & Cheese **7**
Breakfast Burrito
.....
Cheese Filled Bread Sticks
w/Marinara Sauce or
Sweet & Sour Chicken Bowl

Yogurt Smoothie **14**
& Crakers
.....
Cheese Filled Bread Sticks
w/Marinara Sauce
or Cheese Enchiladas

Yogurt & Muffin **21**
.....
Cheese Filled Bread Stick
w/Marinara Sauce or
Bean & Cheese Burrito

Egg & Cheese **28**
Breakfast Burrito
.....
Cheese Filled Bread Sticks
w/Marinara Sauce or
Sweet & Sour Chicken Bowl

Friday

Cinnamon Roll **8**
.....
Baja Fish Tacos
or Spicy/Regular
Chicken Sandwich

Mini Donuts **15**
.....
Mac & Cheese w/Roll
or Spicy/Regular
Chicken Sandwich

Whole Wheat **22**
Honey Bun
.....
Chicken & Cheese Taquitos
or Spicy/Regular
Chicken Sandwich

Cinnamon Roll **29**
.....
Baja Fish Tacos
or Spicy/Regular
Chicken Sandwich

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

**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**

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