



January 2021

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

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

Monday

Pancake **11**
on a Stick
.....
Chicken Nuggets w/Roll
or
Grilled Cheese Sandwich

 **18**

Cinnamon Crumble **25**
Coffee Cake
.....
Chicken Tenders w/Roll
or
Spaguetti w/Meat Sauce

Tuesday

Mini Maple Pancakes **5**
.....
Cheeseburger or
Bosco Sticks
w/Marinara Sauce

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

Mini Maple Waffles **19**
.....
Cheeseburger
or
Chicken & Cheese Taquitos

Mini Maple Pancakes **26**
.....
Cheeseburger or
Bosco Sticks
w/Marinara Sauce

Wednesday

Fruit & Yogurt Parfait **6**
.....
Mini Corn Dogs or
Oven Roasted Chicken
w/Mashed Potatoes & Roll

Scrambled Eggs & Tortilla **13**
.....
Corn Dog
or
Mac & Cheese w/Roll

Egg, Cheese & Sausage Breakfast Sandwich **20**
.....
Mini Corn Dogs
or
Bean & Cheese Burrito

Fruit & Yogurt Parfait **27**
.....
Corn Dog or
Nacho Cheese
Pretzel Pocket

Thursday

Egg & Cheese Breakfast Burrito **7**
.....
Pepperoni Pizza or
Sweet & Sour Chicken
Rice Bowl

Yogurt Smoothie & Crackers **14**
.....
Cheese Pizza
or
Popcorn Chicken Bowl

Yogurt & Muffin **21**
.....
Pepperoni Pizza
or
Orange Chicken Bowl

Egg & Cheese Breakfast Burrito **28**
.....
Pepperoni Pizza or
Sweet & Sour Chicken
Rice Bowl

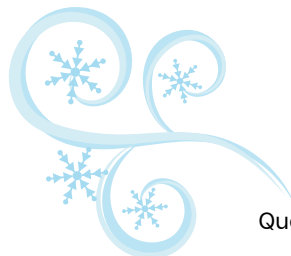
Friday

Cinnamon Roll **8**
.....
Spicy Chicken Sandwich
or
Beef Tacos

Mini Donuts **15**
.....
Crispy Chicken Sandwich
or
Carnitas Tacos

Whole Wheat Honey Bun **22**
.....
Spicy Chicken Sandwich
or
Ravioli with Dinner Roll

Cinnamon Roll **29**
.....
Crispy Chicken Sandwich
or
Beef Tacos



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