



# May 2021

## Breakfast & Lunch Middle School Menu

*Food & Nutrition*  
JO COMBS

### Daily Options

Cereal w/String Cheese  
or BeneFIT Bar

.....  
Chef Salad w/Crackers  
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  
.....  
PBJ Protein Pack

### Monday

Coffee Cinnamon **3**  
Crumble Cake

.....  
Spaghetti w/Meat Sauce  
or  
Chicken Tenders w/Roll

Pancake **10**  
on a Stick

.....  
Grilled Cheese Sandwich  
or  
Chicken Nuggets w/Roll

Bagel with **17**  
Cream Cheese

.....  
Bosco Sticks  
w/Marinara Sauce or  
Chicken Nuggets w/Roll

**24**

.....  
Manager's Choice  
.....  
Manager's Choice

### Tuesday

Mini Pancakes **4**

.....  
Cheese Filled Bread Sticks  
w/Marinara Sauce or  
Cheeseburger

French Toast **11**

.....  
Lasagna Roll Ups  
or  
Hamburger

Mini Maple **18**  
Waffles

.....  
Cheeseburger  
or  
Chicken Taquitos

**25**

.....  
Manager's Choice  
.....  
Manager's Choice

### Wednesday

Fruit & Yogurt **5**  
Parfait w/Granola

.....  
Pepperoni & Cheese  
Calzone or  
Mini Corn Dogs

Scrambled Eggs **12**  
& Muffin

.....  
Macaroni & Cheese w/Roll  
or  
Breakfast for Lunch

Sausage, Egg & Cheese **19**  
Breakfast Sandwich

.....  
Bean & Cheese Burritos  
or  
Mini corn Dogs

**26**

.....  
Manager's Choice  
.....  
Manager's Choice

### Thursday

Egg, Bacon & Cheese **6**  
Breakfast Burrito

.....  
Pepperoni Pizza  
or  
Teriyaki Chicken Bowl

Fruit Smoothie **13**  
& Crackers

.....  
Cheese Piizza  
or Meatballs & Potato  
Bowl w/Roll

Yogurt & Muffin **20**

.....  
Turkey & Cheese Sandwich  
or  
Orange Chicken Bowl

### Friday

Cinnamon Roll **7**

.....  
Walking Taco  
or  
Regular Chicken Sandwich

Mini Donuts **14**

.....  
Spicy Korean BBQ Chicken  
Bowl or Regular  
Chicken Sandwich

Whole Wheat **21**  
Honey Bun

.....  
Cheese Ravioli w/Roll  
or  
Spicy 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