



# November 2020

## Breakfast & Lunch Middle School Menu

*Food & Nutrition*  
JO COMBS

### Daily Options

Cereal  
w/Donut Hole  
.....  
Chef Salad  
M,W,F - PBJ Protein Pack  
Tu & Th - Chicken Wrap

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

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

Cereal  
w/Donut Hole  
.....  
Chef Salad  
M,W,F - PBJ Protein Pack  
Tu & Th - Chicken Wrap

### Monday

BeneFIT <sup>2</sup>  
Breakfast Bar  
.....  
Chicken Tenders with Roll  
or  
Penne Pasta w/Meat Sauce

Pancake on a Stick <sup>9</sup>  
.....  
Chicken Nuggets with Roll  
or  
Grilled Cheese Sandwich

Bagel with <sup>16</sup>  
Cream Cheese  
.....  
Chicken Nuggets w/Roll  
or Cheese Filled Bread Sticks  
w/Marinara Sauce

BeneFIT <sup>30</sup>  
Breakfast Bar  
.....  
Chicken Tenders with Roll  
or  
Penne Pasta w/Meat Sauce

### Tuesday

Fruit & Yogurt <sup>3</sup>  
Parfait  
.....  
Hamburger  
or  
Bosco Sticks w/Marinara

Scrambled Eggs <sup>10</sup>  
& Tortilla  
.....  
Cheeseburger  
or Lasagna w/Garlic  
Bread Stick

Sausage, Egg & Cheese <sup>17</sup>  
Sandwich  
.....  
Hamburger  
or  
Chicken & Cheese Taquitos

### Wednesday

Mini Maple <sup>4</sup>  
Pancakes  
.....  
Mini Corn Dogs or  
Oven Roasted Chicken  
with Mashed Potatoes

**VETERANS DAY** <sup>11</sup>

Mini Maple <sup>18</sup>  
Waffles  
.....  
Corn Dogs  
or  
Bean & Cheese Burrito

### Thursday

Egg & Cheese <sup>5</sup>  
Breakfast Burrito  
.....  
Pepperoni Pizza  
or  
Sweet & Sour Chicken Bowl

Yogurt Smoothie <sup>12</sup>  
& Donut Hole  
.....  
Cheese Pizza  
or  
Popcorn Chicken Bowl

Yogurt & Muffin <sup>19</sup>  
.....  
Roasted Turkey and  
Mashed Potato Bowl  
with Dinner Roll

### Friday

Cinnamon Roll <sup>6</sup>  
.....  
Crispy Chicken Sandwich  
or  
Beef Tacos

Mini Donuts <sup>13</sup>  
.....  
Spicy Chicken Sandwich  
or  
Carnitas Tacos

Whole Wheat <sup>20</sup>  
Honey Bun  
.....  
Crispy Chicken Sandwich  
or  
Ravioli with Dinner Roll

November 23th to 27th

Happy Thanksgiving Week!!



### 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

**All Students eat FREE**

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