



November 2020

Breakfast & Lunch High School Menu

Food & Nutrition
JO COMBS

Daily Options

Monday

Tuesday

Wednesday

Thursday

Friday

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

Pancake ²
on a Stick
.....
Cheese/Pepperoni Pizza
or
Popcorn Chicken Bowl

Scrambled Eggs ³
& Tortilla
.....
Hamburger/Cheeseburger
or Lasagna
w/Garlic Bread Stick

Triple Berry ⁴
French Toast
.....
PB&J Sandwich
Protein Pack

Yogurt Smoothie ⁵
& Donut Hole
.....
Cheese Filled Bread Sticks
w/Marinara Sauce
or Beef Tacos

Mini Donuts ⁶
.....
Mac & Cheese w/Dinner Roll
or Spicy/Regular
Chicken Sandwich

Cereal
w/Muffin
.....
Chicken Caesar Salad
Deli Sandwich

Bagel with ⁹
Cream Cheese
.....
Cheese/Pepperoni Pizza
or
Orange Chicken Bowl

Sausage, Egg & Cheese ¹⁰
Sandwich
.....
Hamburger/Cheeseburger
or
Ravioli w/Dinner Roll



Yogurt & Muffin ¹²
.....
Cheese Filled Bread Stick
w/Marinara Sauce or
Bean & Cheese Burrito

Whole Wheat ¹³
Honey Bun
.....
Chicken & Cheese Taquitos
or Spicy/Regular
Chicken Sandwich

Cereal
w/Donut Hole
.....
Chef Salad
Chicken Wrap

BeneFIT ¹⁶
Breakfast Bar
.....
Cheese/Pepperoni Pizza
or
Penne Pasta w/Meat Sauce

Fruit & Yogurt ¹⁷
Parfait
.....
Hamburger/Cheeseburger
or Chicken Tenders
w/Dinner Roll

Mini Maple ¹⁸
Pancakes
.....
PB&J Sandwich
Protein Pack

Egg & Cheese ¹⁹
Breakfast Burrito
.....
Roasted Turkey and
Mashed Potato Bowl
with Dinner Roll

Cinnamon Roll ²⁰
.....
Fish Tacos or
Spicy/Regular
Chicken Sandwich

November 23th to 27th

Happy Thanksgiving Week!!

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

Pancake ³⁰
on a Stick
.....
Cheese/Pepperoni Pizza
or
Popcorn Chicken Bowl



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