



SEPTEMBER 2020

Breakfast & Lunch High School Menu

Food & Nutrition
JO COMBS

Monday



Tuesday

Cereal 1
w/Apple Muffin
Pepperoni Pizza
Baby Carrots
Frozen Strawberries

Wednesday

Oatmeal Chocolate 2
Chip Bar
Chicken Patty Sandwich
Broccoli
Applesauce

Thursday

Cereal 3
w/Apple Muffin
Hamburger
Green Beans
Diced Pears

Friday

Mini Donuts 4
Chicken Nuggets
w/Bug Bites Crackers
Ranch Style Beans
Applesauce



7

Mini Cinni Rolls 8
Bagel W/Cream Cheese
Pepperoni Pizza
Oven Roasted Chicken
BBQ Pulled Pork Sandwich
Grilled Chicken Caesar Salad

Scrambled Eggs & Muffin 9
Cereal & Muffin
PBJ Protein Pack

Mini Maple Pancakes 10
Oatmeal Choco Bar & Cheese
Cheeseburger
Grilled Chicken Caesar Salad
Cheese Ravioli w/Bread Stick
Muffin Protein Pack

Bacon, Egg & Cheese Burrito 11
Cereal & Nutri-Grain Bar
Spicy Chicken Salad
Chicken Soft Tacos
PBJ Protein Pack
Chef Salad w/Roll

Mini Donuts 14
French Toast
Mac & Nuggets
Cheese Filled Bread Sticks
Muffin Protein Pack
Chef Salad w/Roll

Maple Pancakes 15
Breakfast Pizza
Cheese Pizza
Shrimp Poppers
Turkey & Cheese Sub
Cobb Salad w/Muffin

Cereal & Muffin 16
Bacon, Egg & Cheese Burrito
PBJ Protein Pack

Cereal & Nutri-Grain Bar 17
Turkey Sausage Egg Muffin
Hot Wings w/Cornbread
Chicken Egg Rolls
PBJ Protein Pack
Chef Salad w/Roll

Yogurt & Berry Parfait 18
Cereal & Donut Holes
Bean & Cheese Burrito
Hamburger
PBJ Protein Pack
Grilled Chicken Caesar

French Toast 21
Cereal & Yogurt
Cheese Pizza
Shrimp Poppers
Turkey and Cheese Sub
Cobb Salad w/Muffin

Mini Cinni Rolls 22
Cereal & Muffin
Cheeseburger
Chicken Egg Rolls
Chef Salad w/Roll
PBJ Protein Pack

Cereal & Muffin 23
Oatmeal Choco Bar & Cheese
PBJ Protein Pack

Mini Maple Pancakes 24
Cereal & Nutri-Grain Bar
Coyote Sausage Pizza
Bean & Cheese Burrito
Ham, Turkey & Cheese Sub
Greek Salad w/Pita Bread

Mini Donuts 25
Yogurt & Berry Parfait
Beef Soft Tacos
Chicken Patty Sandwich
Turkey & Cheese Wrap
Grilled Chicken Caesar Salad

Breakfast Daily

Seasonal Whole Fresh Fruit
100% Fruit Juice
1% White Milk

Lunch Daily

Seasonal Fresh Fruit & Vegetables
100% Fruit Juice
1% White Milk & Fat Free Chocolate Milk

All Students eat for
free through
December 18th, 2020*

*as USDA funding allows

FOOD!!!

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