



# SEPTEMBER 2020

## Breakfast & Lunch Middle School Menu

*Food & Nutrition*  
JO COMBS

### Monday



### Tuesday

Cereal 1  
w/Apple Muffin  
Cheese Filled Bread Sticks  
w/ Marinara Sauce  
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



Mini Maple Pancakes 8  
Pancake Turkey Sausage Wrap  
Pepperoni Pizza  
Oven Roasted Chicken  
w/bread stick  
Potato Wedges

Mini Cinni Rolls 9  
Scrambled Eggs & Muffin  
Macaroni & Cheese  
Seasoned Corn

Mini Donuts 10  
Turkey Sausage Egg Muffin  
Ham & Cheese Sandwich  
Caesar Side Salad

Bagel w/Cream Cheese 11  
Oatmeal-Choco Bar & Cheese  
Lasagna Roll Ups  
Ranch Style Beans

Cereal w/Apple Muffin 14  
Maple Pancakes  
Coyote Shrimp Poppers  
Caesar Side Salad

French Toast 15  
Cereal & Yogurt  
Chicken Patty Sandwich  
Cheese Quesadilla  
Potato Smiles

Cereal & Muffin 16  
Mini Cinnis & Cheese  
Cheeseburgers/Hamburger  
Cheese Ravioli w/Bread Stick  
Baked Beans

Bagel w/Cream Cheese 17  
Oatmeal-Choco Bar & Cheese  
Lasagna Roll ups  
Cucumbers

Maple Pancakes 18  
Cereal & Nutri-Grain Bar  
Cheese Pizza  
Shrimp Poppers w/Bug Bites  
Broccoli

French Toast 21  
Cereal & Yogurt  
Cheese Quesadilla  
Curly Fries

Mini Cinni Rolls 22  
Cereal & Muffin  
Cheeseburger/Hamburger  
Cheese Ravioli w/Bread stick  
Caesar Salad

Bagel w/Cream Cheese 23  
Oatmeal Choco Bar & Cheese  
Pepperoni Pizza  
Grilled Cheese Sandwich  
Baby Carrots

Mini Maple Pancakes 24  
Cereal & Nutri-Grain Bar  
Chicken Nuggets  
w/Bread Stick  
Beef Soft Tacos  
Baked Beans

Mini Donuts 25  
Mini Maple Pancakes  
Mini Corn Dog  
w/Special Cookie  
Cheese Ravioli w/Roll  
Cucumbers



**Breakfast Daily**  
Seasonal Whole Fresh Fruit  
100% Fruit Juice  
1% White Milk

**Lunch Daily**  
Seasonal Whole Fresh Fruit  
100% Fruit Juice  
1% White Milk & Fat Free Chocolate Milk

**All Students eat for free through December 18th, 2020\***  
\*as USDA funding allows

**FOOOD!!!**

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