

# JUNIOR HIGH | SEPTEMBER 29-NOVEMBER 7



Menu is subject to change without notice, substitutions may be made based on availability and seasonality of food items.  
**Breakfast items are listed in orange italics.** Lunch entrée choices, specific to availability dates, are listed below in the calendar square.  
 Every meal includes choice of milk, fruit and vegetable, grain and meat or meat alternative.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Banana Bread</b> SEP 29 Popcorn Chicken & Roll Southwest Chicken Wrap	<b>Frudel</b> SEP 30 Chili Dog Buffalo Ranch Popcorn Chicken Salad w/Roll	<b>Cereal Bowl</b> OCT 1 BBQ Chicken Sandwich Ham, Turkey & Cheese Sub WORLD VEGETARIAN DAY VEGGIE BURGER ON THE GRILL LINE	<b>Donut</b> OCT 2 Corndog Chicken Chef Salad & Roll	<b>Sausage, Egg &amp; Cheese Burrito</b> OCT 3 Meatloaf Ham & Cheese Wrap
<b>Muffin</b> OCT 6 Steak Fingers w/Gravy & Roll Ham, Turkey & Cheese Sandwich	<b>Mini Cinni Rolls</b> OCT 7 Chicken Parmesean Panini Pizza Salad & Roll	<b>Cereal Bowl</b> OCT 8 <b>Chicken &amp; Rice</b> Ranch Chicken Wrap HISPANIC HERITAGE MONTH!	<b>Blueberry Waffles</b> OCT 9 Beef Steak & Provolone Melt Popcorn Chicken Salad & Roll	<b>Bagel</b> OCT 10 Mac & Cheese Chicken Alfredo Ham, Turkey & Cheese Sub
<b>Donut</b> OCT 13 Chicken LoMein Buffalo Ranch Chicken Wrap	<b>Pancake on a Stick</b> OCT 14 <b>LTO Sausage &amp; Cheesy Potato Soup &amp; Roll</b> Ham Chef Salad & Roll	<b>Cereal Bowl</b> OCT 15 <b>BREAKFAST 4 LUNCH!</b> Turkey & Cheese Sandwich	<b>Confetti Pancakes</b> OCT 16 <b>LTO Sausage &amp; Cheesy Potato Soup &amp; Roll</b> Chicken & Cheese Salad & Roll	<b>STUDENT HOLIDAY</b> OCT 17
<b>STUDENT HOLIDAY</b> OCT 20	<b>Mini Strawberry Crunch Bagel</b> OCT 21 Buffalo PopChicken Mac & Cheese Turkey Chef Salad & Roll	<b>Cereal Bowl</b> OCT 22 Popcorn Chicken Bowl & Roll Ham & Cheese Wrap	<b>Frudel</b> OCT 23 Chicken Tenders & Roll Chicken & Cheese Salad & Roll	<b>Turkey Sausage Biscuit</b> OCT 24 BBQ Pork Riblet Sandwich Ham, Turkey & Cheese Sub
<b>Donut</b> OCT 27 Chicken Strips & Roll Chicken Nugget Wrap <b>Pumpkin Spice Dessert</b> PUMPKIN DAY!	<b>French Toast Bites</b> OCT 28 <b>BREAKFAST 4 LUNCH!</b> Pizza Salad w/Roll	<b>Cereal Bowl</b> OCT 29 Chicken Fried Rice w/Egg Roll Turkey & Cheese Sandwich	<b>CinnaToast Crunch Pastry</b> OCT 30 Chicken Nuggets & Roll Ham & Turkey Cobb Salad & Roll	<b>Chicken Sausage Biscuit</b> OCT 31 Chili Dog Ham, Turkey & Cheese Sub NO TRICKS JUST TREATS!
<b>Banana Bread</b> NOV 3 Popcorn Chicken & Roll Southwest Chicken Wrap	<b>Frudel</b> NOV 4 Orange Chicken Buffalo Ranch Popcorn Chicken Salad w/Roll	<b>Cereal Bowl</b> NOV 5 BBQ Chicken Sandwich Ham, Turkey & Cheese Sub	<b>Donut</b> NOV 6 Corndog Chicken Chef Salad & Roll	<b>Sausage, Egg &amp; Cheese Burrito</b> NOV 7 Meatloaf Ham & Cheese Wrap
<b>MADE TO ORDER PASTA BAR</b> PASTA » Penne » Spaghetti (rotates weekly) SERVED WITH » Breadstick ADD » Chicken » Meatballs TOP IT » Marinara » Alfredo ADD » Parmesan Cheese	<b>MADE TO ORDER TORTILLA BAR</b> Made-to-Order Nachos or Tacos: CHOOSE » Tortilla » Chips ADD » Chicken Shreds » Beef Taco Meat ADD » Shredded Cheese » Queso ADD » Jalapeños » Salsa Sour Cream • Romaine Lettuce • Tomatoes	<b>MADE TO ORDER Deli Day</b> Made-to-Order Sub Sandwiches: CHOOSE » Sub Roll » Herb Sub Roll CHOOSE 1 » Turkey » Ham ADD 1 » Cheddar » American Cheese » Pepper Jack TOP IT OFF » Pickles » Tomatoes » Romaine Lettuce	<b>MADE TO ORDER TORTILLA BAR</b> Made-to-Order Nachos or Tacos: CHOOSE » Tortilla » Chips ADD » Chicken Shreds » Beef Taco Meat ADD » Shredded Cheese » Queso ADD » Jalapeños » Salsa Sour Cream • Romaine Lettuce • Tomatoes	<b>MADE TO ORDER Baked Potato Bar</b> Made-to-Order Baked Potatoes customized: CHOOSE » Beefy Chili » Ham CHOOSE » Shredded Cheese » Cheese Sauce TOP IT OFF » Sour Cream » Butter

• JUNIOR HIGH SCHOOL • MORE EVERYDAY CHOICES • MADE-TO-ORDER •

**ALERT!**

**CRISPITO OR WALKING TACO**  
 AVAILABLE ONCE A MONTH EVERY MONTH!

EVERYDAY CHOICES: Hamburger =OR= Cheeseburger =OR= Spicy =OR= Regular Chicken Sandwich • French Fries & MORE!  
 PIZZA OPTION: MONDAY-THURSDAY: Pizza: Pepperoni =OR= Cheese || FRIDAY: Pizza: Cheese =OR= Specialty Pizza!

**GRAB & GO GRILL**

THE LUNCH PROGRAM The "Offer Vs Serve" Lunch Program was designed by the federal government to eliminate food waste. This program requires each student (K-12th grade) to choose at least 3 of the 5 components each day. Their choices must include 1 fruit and/or vegetable and at least two more of the items offered. We encourage them to take all five items each day. Lunch serving consists of: Entrée (meat/meat/alternates), fruits, vegetables, grains/breads, assortment of low-fat milk.

**aramark**  
 STUDENT NUTRITION

**MY SCHOOLBUCKS**

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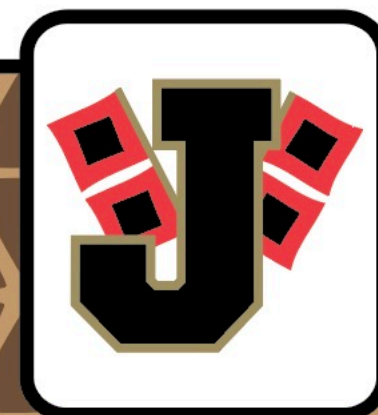
Purchases on Friday only, etc.

À La Carte items are available for purchase at all locations. Purchase with either cash or account. À la Carte items may not be charged.

MySchoolbucks.com



Meant to promote better eating habits, and to encourage us to share more meals together, schedule meals together this month. Eating with your family and friends on a regular basis has been associated with improved social skills, better eating habits, and fewer behavioral problems in kids and teenagers. It is also helpful for reducing stress in adults!



check out Jonesboro's SOCIAL MEDIA for breakfast or lunch updates and more!

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