




SEPTEMBER MENU

A LA CARTE MILK IS \$0.40 TO PURCHASE
 ADULT BREAKFAST \$2.50 ADULT LUNCH \$4.25

SCHOOL BREAKFASTS & LUNCHES ARE FREE TO ALL ENROLLED STUDENTS!
 MEALS INCLUDE A CHOICE OF 1% WHITE OR FAT FREE CHOCOLATE MILK

*BREAKFAST INCLUDES A CHOICE OF FRESH FRUIT, CANNED FRUIT &/OR JUICE DAILY.
 *LUNCH INCLUDES FRESH FRUIT &/OR CANNED FRUIT, FRESH SALAD &/OR FRESH VEGETABLES DAILY. ALL 5 MYPLATE CATEGORIES ARE REPRESENTED AT EACH MEAL SERVICE.
 MENU IS SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STUDENTS MUST CHOOSE 3 OF THE 4 ITEMS OFFERED FOR BREAKFAST, 1/2 CUP OF FRUIT OR VEGETABLE MUST BE TAKEN	STUDENTS CHOOSE 3 OF 5 COMPONENTS FOR LUNCH. STUDENTS MUST TAKE A MINIMUM OF 1/2 CUP FRUIT OR VEGETABLES: MORE IS ALLOWED & BOTH ARE ALLOWED.			
LABOR DAY 5	MUFFIN WITH YOGURT CHOICE 6 BEEF TACO WITH TOPPINGS BAR	PARFAIT CHOICE 7 FUSION BOWL WITH TOPPINGS BAR	CEREAL CHOICE 1 SPAGHETTI WITH TEXAS GARLIC TOAST	WAFFLES TOPPED WITH BERRIES & WHIPPED CREAM 2 PIZZA
CEREAL CHOICE 12 HAMBURGER WITH POTATO WEDGES & TOPPINGS BAR	BAGEL WITH CREAM CHEESE 13 CHICKEN TACO WITH TOPPINGS BAR	CINNAMON ROLL & SMOOTHIE 14 SUB SANDWICH WITH CHIPS & TOPPINGS BAR	CEREAL CHOICE 15 ORANGE CHICKEN OVER BROWN RICE AND STEAMED VEGGIES	FRENCH TOAST WITH SYRUP 16 PIZZA
CEREAL CHOICE 19 HOTDOG WITH FRENCH FRIES	MUFFIN WITH YOGURT CHOICE 20 NACHOS WITH TOPPINGS BAR	PARFAIT CHOICE 21 FUSION BOWL WITH TOPPINGS BAR	CEREAL CHOICE 22 POPCORN CHICKEN WITH MACARONI AND CHEESE	PANCAKES TOPPED WITH BERRIES & WHIPPED CREAM 23 PIZZA
CEREAL CHOICE 26 BRUNCH FOR LUNCH	BAGEL WITH CREAM CHEESE 27 BEAN & CHEESE QUESADILLA	DONUT & SMOOTHIE 28 SUB SANDWICH WITH CHIPS & TOPPINGS BAR	CEREAL CHOICE 29 SPAGHETTI WITH TEXAS GARLIC TOAST	WAFFLES TOPPED WITH BERRIES & WHIPPED CREAM 30 PIZZA

*Junction Elementary School District is an equal opportunity provider and employer. For a full nondiscrimination statement, please visit our website at www.junctionesd.net



OCTOBER MENU


A LA CARTE MILK IS \$0.40 TO PURCHASE

ADULT BREAKFAST \$2.81

ADULT LUNCH \$4.76

SCHOOL BREAKFASTS & LUNCHES ARE FREE TO ALL ENROLLED STUDENTS!
MEALS INCLUDE A CHOICE OF 1% WHITE OR FAT FREE CHOCOLATE MILK

*BREAKFAST INCLUDES A CHOICE OF FRESH FRUIT, CANNED FRUIT &/OR JUICE DAILY.
*LUNCH INCLUDES FRESH FRUIT &/OR CANNED FRUIT, FRESH SALAD &/OR FRESH VEGETABLES DAILY. ALL 5 MYPLATE CATEGORIES ARE REPRESENTED AT EACH MEAL SERVICE.
MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CEREAL CHOICE ³ CORNDOG WITH TATER TOTS	MUFFIN WITH YOGURT CHOICE ⁴ BEEF TACO WITH TOPPING BAR	WALK TO SCHOOL DAY ⁵ PARFAIT CHOICE FUSION BOWL WITH TOPPING BAR	CEREAL CHOICE ⁶ POPCORN CHICKEN WITH MACARONI AND CHEESE	PANCAKE SAUSAGE ON A STICK WITH SYRUP ⁷ PIZZA
CEREAL CHOICE ¹⁰ HAMBURGER WITH POTATO WEDGES & TOPPING BAR	BAGEL WITH CREAM CHEESE ¹¹ CHICKEN TACO WITH TOPPING BAR	CINNAMON ROLL & SMOOTHIE ¹² SUB SANDWICH WITH CHIPS & TOPPING BAR	CEREAL CHOICE ¹³ ORANGE CHICKEN OVER BROWN RICE AND STEAMED VEGGIES	FRENCH TOAST WITH SYRUP ¹⁴ PIZZA
CEREAL CHOICE ¹⁷ HOTDOG WITH FRENCH FRIES	MUFFIN WITH YOGURT CHOICE ¹⁸ NACHOS WITH TOPPING BAR	PARFAIT CHOICE ¹⁹ FUSION BOWL WITH TOPPING BAR	CEREAL CHOICE ²⁰ CHICKEN & WAFFLES WITH SYRUP	PANCAKES TOPPED WITH BERRIES & WHIPPED CREAM ²¹ PIZZA
CEREAL CHOICE ²⁴ BRUNCH FOR LUNCH	BAGEL WITH CREAM CHEESE ²⁵ BEAN & CHEESE QUESADILLA	DONUT & SMOOTHIE ²⁶ GRILLED CHEESE SANDWICH WITH SOUP	CEREAL CHOICE ²⁷ SPAGHETTI WITH GARLIC TEXAS TOAST	BISCUIT TOPPED WITH BERRIES & WHIPPED CREAM ²⁸ PIZZA
CEREAL CHOICE ³¹ CORNDOG WITH TATER TOTS LUCKY TRAY DAY @ LUNCH!		STUDENTS MUST CHOOSE 3 OF THE 4 ITEMS OFFERED FOR BREAKFAST, 1/2 CUP OF FRUIT OR VEGETABLE MUST BE TAKEN	STUDENTS CHOOSE 3 OF 5 COMPONENTS FOR LUNCH. STUDENTS MUST TAKE A MINIMUM OF 1/2 CUP FRUIT OR VEGETABLES: MORE IS ALLOWED & BOTH ARE ALLOWED.	

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