



September 2023

JR/SR High School

Monday	Tuesday	Wednesday	Thursday	Friday	
28 Hot Ham & Cheese Bagel	29 Philly Cheese Steak Sandwich	30 Breaded Chicken Smackers	31 Pulled Pork Nachos	1 Buffalo Chicken Twister	Both breakfast and lunch meals are served at NO COST (Free) to students for the 2022-23 school year. Ala carte options do cost extra
4 LABOR DAY NO SCHOOL	5 Chicken Tenders w/ garlic breadstick	6 Hot Italian Sub	7 Meatball Sandwich	8 BBQ Chicken Sandwich	Parents, need extra money? We are in search of daily cafeteria workers & substitute cafeteria workers. If interested please stop in and pick up an application
11 Chicken Nuggets w/ side of mac n cheese	12 Jalapeno Ranch Chicken Flatbread	13 BBQ Rib Sandwich	14 Taco Salad	15 Stuffed Shells w/ garlic bread	
18 Pulled Pork Sandwich	19 Spaghetti w/ meatballs	20 Crispy Chicken Sandwich	21 Walking Taco	22 Ham, Egg & Cheese Croissant	We are still experiencing supply chain shortages. Thank you for your patience and understanding with any and all menu changes
25 Pizza Sandwich	26 Buffalo Chicken Dip	27 Bacon Cheeseburger	28 Popcorn Shrimp w/ Toasted Cheese Sandwich	29 Breaded Ravioli w/ Twisty bread stick	Online payment options at www.myschoolbucks.com

Alternative entrée options of Chef's salad, Smucker's Uncrustables, Pizza or Chicken Patty served daily.

Students may choose one of the daily entree choices that include a protein and grain requirement. Students may also choose from a variety of fresh and canned fruits, vegetables, and a milk serving. STUDENTS MUST CHOOSE AT LEAST 3 OF 5 MENU COMPONENTS TO MAKE A COMPLETE MEAL, ONE OF WHICH MUST BE A FRUIT OR VEGETABLE.