



Jac-Cen-Del High School Lunch Menu 2019

Breakfast Served
Daily 7:30-8:00

Monday

Tuesday

Wednesday

Thursday

Friday

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| <p>Monday Pancake/syrup or Apple cinnamon Texas Toast</p> <p>Tuesday Scrambled or Ome- let with Toast</p> <p>Wednesday</p> | <p>1 Corn Dog or Cheeseburger on Bun Baked Fries Steamed Broccoli Applesauce or Fresh Veggie Pudding</p> | <p>2 Spaghetti w Meat Sauce or Crispy Chicken Nuggets Breadstick Tossed Salad Glazed Carrots Fresh Fruit Cookie</p> | <p>3 Turkey Manhat- tan Mashed Potatoes w Gravy Cranberry Sauce Slaw or Applesauce Slushies'</p> | <p>4 Baked Cheese Sticks w Marinara Sauce or Chicken Philly Hoagie Baked Chips Salad Fresh Veggies Choice of Fruit</p> | <p>5 Baked Tender- loin or Fish on Bun *Hush Puppies Romaine Salad or Applesauce Fresh Veggie Sticks Assorted Fruit</p> |
| <p>Breakfast Pizza Thursday Sausage Gravy w Biscuit</p> <p>Friday Ham, Egg, & Cheese Biscuit</p> | <p>8 Hamburger or Pork BBQ on Pretzel Bun Cheese, Lettuce, Pickles Baked Fries Applesauce or Strawberry Cup</p> | <p>9 Chicken Stir Fry w Roll or Meat Ball Sub on Bun Seasoned Rice Carrots & Red Pep- pers Mixed Salad Hot Apples</p> | <p>10 Chili with Sun Butter Sandwich Crackers Cheese Sticks Mixed Salad Banana or Mix Fruit</p> | <p>11 Taco's or Potato Munchkins Refried Beans, Cheese, Salsa, Shredded Lettuce Seasoned Rice Corn Applesauce</p> | <p>12 Hot Turkey w Gravy & Mashed Pota- toes or Shrimp & Mac & Cheese Roll w Jelly Slaw Fresh Veggies Peaches</p> |
| <p>Breakfast is served with Fruit, Juice and Milk. Students must take all 3. *New Item</p> | <p>15 Beef n Cheddar or Cheeseburger on Bun *Ranch Taters Steamed Broccoli Fresh Veggies Pudding</p> | <p>16 Turkey or Beef Man- hattan Mashed Potatoes Mixed Vegetables Applesauce or Slaw Veggie Sticks Ice Cream</p> | <p>17 Beefaroni or Ravioli w Breadstick & Dip Green Beans or Green Salad Fresh Fruit or Juice Delay Day</p> | <p>18 Pizza or Stuffed Calzone Hot Vegetable Mixed Salad Fresh Veggies Choice of Fruit</p> | <p>19 Good Friday No School </p> |
| <p> Happy Easter</p> | <p>22 Hamburger or Hot Dog on Bun Baked Fries Steamed Broccoli Applesauce or Peaches Spring Cookie</p> | <p>23 Spaghetti w Meat Sauce or Chicken Al- fredo *Cheezy Breadstick Tossed Salad w Cherry Tomatoes Fruit Cup</p> | <p>24 Pizza or Bosco Stick Romaine Salad Mix Vegetable Blend Peaches</p> | <p>25 Beef Hoagie w Pizza Sauce or Ten- derloin on Bun Baked Chips Veggies Mix Fruit</p> | <p>26 Choice of Sandwich Black Beans or Peas Mix Salad Chilled Fruit Soft Pretzel</p> |
| <p>USDA require- ment: All Students must select at least one item from the vegetables and fruit offered daily.</p> | <p>29 Pepperoni Pizza or Crispy Chicken on Bun Mixed Salad Glazed Carrots Hot Apples</p> | <p>30 Turkey or Beef Manhattan Mashed Potatoes Vegetable Blend Applesauce Fresh Veggies Pears</p> | <p>National Pretzel Month</p> | <p></p> | |