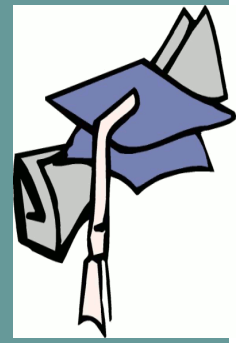


Please make sure your lunch account is in the positive..
Starting May 7th
Seniors may not go into the negative.

Jac-Cen-Del High School Lunch May 2018



**Breakfast
Served Daily
7:30-8:00**

Monday

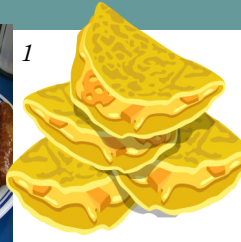
Tuesday

Wednesday

Thursday

Friday

BREAKFAST



Each day, your child is offered a lunch containing the following:
Meat or Meat Alternate, Grain, Fruit, Vegetable and of course **Milk**

7 Hot Dog or Hamburger on Bun
Baked Fries
Broccoli
Fresh Veggie
Peaches or Mix
Fruit
Pudding

8 Stuffed Crust Pizza or Chicken Nuggets
Bread N Butter
Potatoes
Glazed Carrots
Strawberries

9 Delay Day
Chicken Stir Fry or Mac & Cheese
Breadstick
Mix Salad w tomatoes
Fruit Salad

10 Turkey or Beef Manhattan
Mashed Potatoes
Black Beans
Fruited Jell-O
Ice Cream Cup

11 Philly Cheesesteak or Tenderloin on Bun
Baked Chips
Fresh Veggies
Romaine Salad
Pears or Mix
Fruit

14 Corn Dog or Hamburger on Bun
Baked Fries
Cheesy Broccoli
Fresh Veggies
Pears
Pudding

15 Spaghetti with Meat Sauce or Chicken Strips
Mashed Potatoes
Carrots
Salad
Peaches

16 Brunch for Lunch
Biscuits and Gravy or Pancakes
Scramble Eggs
Sausage Link
Fresh Veggies
Orange Smiles or Juice

17 Taco's or Potato Munchkins
Refried Beans, Salsa, Lettuce, Cheese
Corn
Pretzel
Applesauce

18 Bosco Sticks With sauce or Tenderloin on Bun
Fresh Veggies
Mix Fruit

**Clean out
Freezer
Week**

21 Choice of Sandwich
Baked Fries
Broccoli
Fresh Veggies
Straubberries
Pudding

22 Choice of Chicken
Mashed Potatoes
Rolls w Jelly
Glazed Carrots
Choice of Fruit

23 Turkey Manhattan
Mashed Potatoes w Gravy
Green Beans
Slaw or Applesauce
Choice of Fruit

24 Cooks Choice
Hot Vegetable
Salad
Fresh Veggies
Choice of Fruit

25 Choice of Pizza
Salad or Hot
Vegetable
Choice of Fruit
Cookie or Donut

If your child comes home and says she didn't get enough to eat, ask if she is taking all of her **fruit and vegetable** choices!



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**Good
Luck
Seniors**



**The World Is
Yours To Conquer**