



# Jac-Cen-Del High School Menu December 2017



**Breakfast      Monday      Tuesday      Wednesday      Thursday      Friday**

<p><b>Monday</b> Pancake/Syrup</p> <p><b>Tuesday</b> Egg, Cheese Omelet w Toast</p> <p><b>Wednesday</b> Breakfast Pizza</p> <p><b>Thursday</b> Biscuit and Gravy</p>					<p>1 Meat Ball Sub or Baked Tenderloin on Bun Baked chips Fresh Vegetables Mixed Fruit</p>
<p><b>Friday</b> Ham, Egg, Cheese Biscuit</p> <p><b>Breakfast is served with Fruit, Juice, and Milk. Students must take all 3.</b></p>	<p>4 Pork BBQ or Bacon Cheese burger on Bun Lettuce &amp; Sliced Tomato Baked Potato Broccoli Pudding</p>	<p>5 Spaghetti w Meat Sauce &amp; Breadstick or Crispy Chicken on Bun Glazed Carrots Fresh Fruit or Pears WG Cookie</p>	<p>6 <u>Brunch for Lunch</u> Biscuit and Gravy or Pancakes Scramble Eggs Sausage Link Fresh Veggies Fruit or Juice</p>	<p>7 Baked Cheese Sticks w Marinara Sauce or Baked Fish on Bun &amp; Mac and Cheese Baked Beans Salad Choice of Fruit</p>	<p>8 Grilled Ham and Cheese or Baked Tenderloin on Bun Baked Chips Romaine Salad Chilled Fruit</p>
<p><i>All meals served with 1% white, Fat Free Chocolate and Strawberry milk.</i></p>	<p>11 Corn Dog or Cheeseburger on Bun Baked Fries Cheesy Broccoli Lettuce and Tomato Fresh Veggies Pudding</p>	<p>12 Beef and Cheese Burrito w Rice or Grilled Chicken on Bun Fresh Veggie Sticks Peaches or Pears WG Cookie</p>	<p>13 Chili w Sun butter Sandwich or Cheese Pizza Fresh Veggie Fruit Crisp</p>	<p>14 Taco's or Soft Shell Refried Beans, Shredded Lettuce and Cheese Salsa, sour cream Corn Mixed Fruit</p>	<p>15 Shrimp Poppers w Roll or Baked Tenderloin on Bun Mac &amp; Cheese Fresh Veggies Strawberries or Peaches</p>
<p><b>USAD RE-QUIRMENTS:</b> Students must select at least one item from the vegetables and variety fruit offered daily.</p>	<p>18 Hot Dog or Eagleburger on Bun Baked Fries Choice of Fruit Pudding</p>	<p>19 <b>Traditional Christmas Dinner</b> Turkey &amp; Dressing Mashed Potatoes w Gravy, Green Beans, Slaw, or Applesauce Pumpkin Pie</p>	<p>20 Choice of Pizza Hot Vegetable Salad or Applesauce Choice of Fruit WG Cookie</p>	<p>21 Have a Merry Christmas and Happy New Year.</p>	<p>22 See you January 4th</p>

**December 19**  
We will be having our Traditional Christmas Dinner. This will be our gift to the students from the cafeteria. There will be no charge for the meal.

