

Student Lunch \$2.30 Milk Only \$0.35 Adult Lunch \$3.85

Your lunch includes: An entrée with protein and whole grains, vegetable side dish, fruit side dish, and a choice of milk. Students must take 3 of the 5 components but must select 1/2 cup fruit or vegetable to qualify as full meal. Milk choices include skim white and skim chocolate. All milk is Michigan-produced and artificial hormone-free.

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Jp Periscope Italian Sub	Spaghetti & Meat Sauce	Cheese Filled Breadsticks (2)	Burrito .	Chicken Fajita on Soft Shell
Crunchy Celery	Garlic Breadstick	Baked Beans	Corn	Romaine Ribbons
Tropical Mixed Fruit	California Blend	Diced Peaches	Fruit Cocktail	Pineapple Tidbits
1.	Diced Pears			:
8	9	10	11	12
Hot Diggity Dog	Chicken Alfredo with Rotini & Dinner Roll	Soft Shell Tacos		Chicken & Waffles
Celery	Broccoli Florets	Refried Beans	TACO LUNCH	Romaine Ribbons
Pineapple Tidbits	Applesauce	Diced Pears		Diced Peaches
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15	16	17	18	19
Chicken Quesadilla	Grilled Cheese & Tomato Soup	Turkey Gravy with Dinner Roll	No School SSPP	No School SSPP
easoned Black Beans	Crunchy Celery	Mashed Potatoes		
Tropical Mixed Fruit	Pineapple Tidbits	Diced Pears		
22	23	24	25	26
asagna Roll Up with Garlic Toast	Chicken Smackers & Breadstick	Sloppy Joe on Bun	TACOLUNCH	French Toast Sticks & Sausage
Power Peas	Crunchy Celery	French Fries	TACO LONGIT	Baby Carrots
Sweet Peaches	Diced Pears	Tropical Mixed Fruit		Mandarin Oranges
1				
29	30	31	November 1	November 2
Chicken Nuggets & Roll	Soft Shell Taco with Cheese	SSPP		SSPP
Mashed Potatoes	Refried Beans	COLD LUNCH ONLY	TACO LUNCH	COLD LUNCH ONLY
Diced Peaches	Diced Pears	i		
	Je Periscope Italian Sub Crunchy Celery Tropical Mixed Fruit 8 Hot Diggity Dog Celery Pineapple Tidbits 15 Chicken Quesadilla easoned Black Beans Tropical Mixed Fruit 22 asagna Roll Up with Garlic Toast Power Peas Sweet Peaches 29 Chicken Nuggets & Roll Mashed Potatoes	De Periscope Italian Sub Spaghetti & Meat Sauce Garlic Breadstick Crunchy Celery California Blend Diced Pears 8	Dep Periscope Italian Sub Spaghetti & Meat Sauce Garlic Breadstick (2) Baked Beans Diced Peaches Tropical Mixed Fruit California Blend Diced Peaches 8 9 10 Chicken Alfredo with Rotini & Dinner Roll Broccoli Florets Applesauce Diced Pears 15 Grilled Cheese & Tomato Soup Crunchy Celery Pineapple Tidbits Diced Pears 16 Grilled Cheese & Tomato Soup Crunchy Celery Pineapple Tidbits Diced Pears 17 Turkey Gravy with Dinner Roll Mashed Potatoes Diced Pears 20 Chicken Smackers & Sloppy Joe on Bun French Fries Sweet Peaches Diced Pears Tropical Mixed Fruit Sweet Peaches Diced Pears Seppendent French Fries 29 Chicken Nuggets & Roll Cheese Refried Beans Tropical Mixed Fruit Seppendent French Fries Tropical Mixed Fruit Cheese Refried Beans COLD LUNCH ONLY	1 Spaghetti & Meat Sauce Garlic Breadstick (2) Baked Beans (2) Crunchy Celery Garlic Breadstick (2) Baked Beans (2) Corn Fruit Cocktail (3) Diced Pears (4) Diced Peaches (4) Diced Peaches (5) Corn Fruit Cocktail (5) Diced Pears (6) Diced Peaches (7) Diced Peaches

A new Free & Reduced Application must be filled out EVERY year! Your application will EXPIRE in October if you do not apply! Visit www.lunchapp..com or ask your school office for a paper appl



Questions? Comments? twnelson@joniaschools.org

or call Food Service at 527-1731 Tracy Nelson, Food Service Director

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

- (B) MWF Pizza is second choice; Tues Hamburger is second choice
- (C) Peanut Butter and Jelly Uncrustable

