

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal Yogurt Fruit Milk 2	Scrambled Eggs English Muffin Fruit Milk 3	Biscuits & Gravy Fruit Milk 4	Banana Muffins Blueberry Muffins Fruit Milk 5	Waffles Sausage Fruit Milk 6
Cereal Yogurt Fruit Milk 9	Scrambled Eggs Hashbrowns Fruit Milk 10	Breakfast Burritos Nutri Grain Bar Fruit/Milk 11	Banana Muffins Blueberry Muffins Fruit Milk 12	Pancakes Fruit Milk 13
Cereal Yogurt Fruit Milk 16	Scrambled Eggs Toast Fruit Milk 17	Biscuits & Gravy Fruit Milk 18	Banana Muffins Blueberry Muffins Fruit Milk 19	French Toast Fruit Milk 20
Cereal Yogurt Fruit Milk 23	Scrambled Eggs English Muffin Fruit Milk 24	Breakfast Burritos Granola Grain Bar Fruit/Milk 25	Banana Muffins Blueberry Muffins Fruit Milk 26	Waffles Sausage Fruit Milk 27
Cereal Yogurt Fruit Milk 30	Scrambled Eggs Hashbrowns Fruit Milk 31			

MENUS ARE SUBJECT TO CHANGE

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

OCTOBER 2023

JUNCTION CITY SCHOOL

OFFERED DAILY:
FRESH FRUIT, VEGGIES
1% MILK / FAT FREE CHOCOLATE

Monday	Tuesday	Wednesday	Thursday	Friday
2 Peanut Butter & Jelly Sandwich Veggie Sticks Fruit/Milk	3 Bean & Cheese Burrito Fiesta Corn Fruit/Milk	4 Meatloaf Mashed Potatoes Dinner Roll/Green Beans Fruit/Milk	5 Orange Chicken Brown Rice Broccoli Fruit/Milk	6 Hamburgers French Fries Bell Peppers Fruit/Milk
9 Chicken/Cheese Quesadilla Bean Dip/Celery Fruit/Milk	10 Sub Sandwich Pasta Salad Carrot Sticks Fruit/Milk	11 Chicken Nuggets Mac & Cheese Green Beans Fruit/Milk	12 Turkey Sandwich Potato Salad Bell Peppers Fruit/Milk	13 Pizza Salad Fruit/Milk
16 Broccoli Cheddar Soup Crackers Fruit/Milk	17 Tacos Refried Beans Corn Fruit/Milk	18 Chicken Pesto Alfredo Garlic Bread Broccoli Fruit/Milk	19 Salami Sandwich Pasta Salad Fruit Milk	20 Chicken Patty Sandwich Potato Wedges Bell Peppers Fruit/Milk
23 Tomato Soup Grilled Cheese Sandwich Salad Fruit/Milk	24 Ham Sandwich Pesto Salad Carrots Fruit/Milk	25 Frito Taco Salad Bean Dip Corn Fruit/Milk	26 Chicken & Dumpling Pasta Salad Fruit/Milk	27 Chicken Nuggets Tater Tots Carrot Sticks Fruit/Milk
30 Spaghetti Garlic Bread Broccoli Fruit/Milk	31 Pizza Salad Fruit Milk			

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JUNCTION CITY SCHOOL

AFTER SCHOOL MENU

OFFERED DAILY:
FRESH FRUIT, VEGGIES
1% MILK / FAT FREE CHOCOLATE

Monday	Tuesday	Wednesday	Thursday	Friday
Fruit Smoothie 2 Graham Crackers Fruit Milk	PB&J 3 Carrot Sticks Fruit Milk	Yogurt 4 Cheese-Its Cheese Stick Fruit/Milk	Corn Dogs 5 Carrot Sticks Fruit Milk	Cereal 6 Veggie Sticks Fruit Milk
English Muffin Pizza 9 Salad Fruit/Milk	PB&J 10 Celery Sticks Fruit Milk	Yogurt 11 Cheese Stick Wheat Thins Fruit/Milk	Chicken Nuggets 12 Carrot Sticks Fruit Milk	Cereal 13 Veggie Sticks Fruit Milk
Fruit Smoothie 16 Graham Crackers Fruit Milk	PB&J 17 Carrot Sticks Fruit Milk	Yogurt 18 Cheese-Its Cheese Stick Fruit/Milk	Soft Pretzels 19 Veggie Sticks Fruit Milk	Cereal 20 Veggie Sticks Fruit Milk
Chicken Nuggets 23 Salad Fruit/Milk	PB&J 24 Celery Sticks Fruit Milk	Yogurt 25 Crunchy Pretzels Cheese Stick Fruit/Milk	English Muffin Pizza 26 Veggie Sticks Fruit/Milk	Cereal 27 Veggie Sticks Fruit Milk
Fruit Smoothie 30 Graham Crackers Fruit Milk	PB&J 31 Carrot Sticks Fruit Milk			

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