



# JAMES VERNON MIDDLE SCHOOL | LUNCH MENU



**Daily Offerings:**

- \*Cheese, Pepperoni (P) and Vegetable Pizza
- \*Bagel Lunch with (2) Yogurt Cups or (2)String Cheese or (1)Boiled Egg
- \*Yogurt Parfait with (2)Gram Crackers, or Granola Cup & Fruit
- \*Grilled Chicken Salad with Croutons and WG Dinner Rolls
- \*Turkey & Ham(p) Chef Salad with Croutons and WG Dinner Rolls
- \*Vegetable Platter (Celery Sticks, Baby Carrots & Cucumbers)with Hummus & Pretzel Chips.
- \*Boar's Head Turkey or Ham(p) with cheese or w/out cheese Sandwiches served on Kaiser Roll
- \*Tuna Sandwiches on Kaiser Roll

Daily Side Vegetables & Fruits

- \*Romaine Salad Bowl
- \*Carrot Sticks with Ranch Dressing
- \*Celery Sticks with Ranch Dressing
- \*Cucumber Cup
- \*Chickpea Salad Cups
- \*Apples, Bananas & Oranges



Dairy

- \*1% White Milk, Fat Free Chocolate & Fat free White Milk

(P) Denotes item may contain pork  
All-Natural whole muscle meat  
(WG) Whole Grain

Powering potential.



MON	TUES	WED	THURS	FRI
		Penne Pasta w/ Chicken Meatball & Tomato Sauce or Olive Oil WG Garlic Breadstick Steamed Broccoli Ripe Banana	<b>BRUNCH FOR LUNCH</b> French Toast Sticks w/Egg Patty Cauliflower Fresh Strawberry	Grilled Cheese Sandwich on WG Sliced Bread Tomato Salad Baked Smiley Fries Fresh Orange
	<b>BRUNCH FOR LUNCH</b> WG Pancake w/Maple Syrup & Chicken Sausage Red Pepper Strip Cup Fresh Whole Apple	<b>Nachos</b> Turkey Taco Meat on WG Corn Nacho Scoops w/ Melted Cheddar Cheese Three Bean Salad Fresh Pineapple	General Tso's Chicken w/ Boneless Chicken Wing over Brown Rice Caesar Salad Ripe Banana	Homemade Mac & Cheese w/ WG Dinner Roll Steamed Green Beans Fresh Honeydew Cups
WG Pizza Sticks w/ Marinara Sauce Roasted Broccoli Fresh Pears	Soft or Hard Shell Tacos w/ Chicken, Salsa, Lettuce, and Cheddar Cheese Sweet Corn Fresh Oranges	Penne Pasta w/ Grilled Chicken & Tomato Sauce or Olive Oil WG Garlic Breadstick Steamed Broccoli Ripe Banana	<b>BRUNCH FOR LUNCH</b> French Toast Sticks w/ Egg Patty Mashed Sweet Potato Fresh Watermelon	All-Natural Chicken Nuggets w a WG Dinner Roll Baked French Fries Fresh Grapes
Grilled Cheese Sandwich on WG Sliced Bread Tomato Salad Sweet Potato Fries Applesauce	Homemade Mac & Cheese w/ WG Dinner Roll Steamed Green Beans Fresh Honeydew Cups	General Tso's Chicken w/ Boneless Chicken Wing over brown Rice Caesar Salad Ripe Banana	<b>BRUNCH FOR LUNCH</b> WG Pancake w/Maple Syrup & Chicken Sausage Red Pepper Strip Cup Fresh Whole Apple	<b>MEMORIAL DAY Observance Schools Closed</b>
	<b>Schools Closed</b>	All-Natural Chicken Nuggets w a WG Dinner Roll Vegetarian Baked Beans Fresh Apple Slices	<b>BRUNCH FOR LUNCH</b> French Toast Sticks w/ Egg Patty Baked Tater Tots Fresh Strawberry	Italian Meatball Hero with Marinara Sauce & Mozzarella Cheese on a Toasted Roll Mashed Sweet Potato Fresh Whole Apple

Menus are subject to change.

Free/Reduce:\$0.00  
 Full Price:\$2.75  
 Adult Price:\$5.02 + Tax  
 (WG) "Whole Grain"  
 (P) Denotes item may contain pork

All Lunches Must Include Choice of:  
 Fruits and/or Vegetable  
 And May Include:  
 1% Low-Fat Milk



This institution is an equal opportunity provider.