

Muroc JUSD Jr.-Sr. High School Lunch

C3S - Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10	11	12	13
CHICKEN TENDERS CHEESE PIZZA WEDGE ^ Diced Pears Orange Juice Cheddar Sun Chips ^ Green Beans Potato Rounds	SALISBURY STEAK W/ GRAVY RANCH TURKEY BURGER Hamburger Bun ^ CHEESY PARM WRAP ^ Mixed Fruit Cup Mashed Potatoes Diced Carrots	PEPPERONI PIZZA WEDGE ^ SPICY CHICKEN FILLET Hamburger Bun MACARONI & CHEESE Breadstick (IW)^ Pineapple Tidbits Broccoli Mixed Vegetables	4-CHEESE PANINI ^ HOT DOG Hot Dog Bun ^ SAUSAGE PIZZA WEDGE ^ Fresh Apple* Chocolate Cookie ^ Salad Bar Selections	MONTEREY CHICKEN PATTY BEAN & CHEESE BURRITO ^ HAMBURGER Hamburger Bun Fresh Banana* Salad Bar Selections Black Beans
16	17	18	19	20
PIZZA DIPPERS ^ Marinara Dipping Sauce TURKEY BOLOGNA SANDWICH^ Mixed Fruit Cup Salad Bar Selections Garden Green Peas	HOT DOG Hot Dog Bun ^ CRISPY CHICKEN FILLET Hamburger Bun CHEESE PIZZA WEDGE Diced Peaches Snickerdoodle Cookie Salad Bar Selections Black Beans Pickle Chips	CHICKEN TENDERS Soft Tortilla ^ Salsa Cup PEPPERONI PIZZA WEDGE ^ MINI CHEESE RAVIOLI WITH SAUCE ^ Sliced Bread ^ Fresh Banana Salad Bar Selections Fresh Spinach Leaves	RANCH TURKEY BURGER Hamburger Bun ^ VEGETARIAN CHILI W/ BEANS Corn Muffin ^ SAUSAGE PIZZA WEDGE ^ Fresh Apple* Salad Bar Selections	ROTINI BAKE ^ CHICKEN NUGGETS TOASTED CHEESE SANDWICH ^ Fresh Orange* Diced Pears Multi Grain Sun Chips ^ Salad Bar Selections
23	24	25	26	27
PANCAKES & SAUSAGE ^ Syrup CHICKEN TENDERS Diced Peaches Pineapple Tidbits Raspberry Cookies ^ Salad Bar Selections	BBQ CHICKEN SALISBURY STEAK W/ GRAVY Hamburger Bun SAUSAGE PIZZA WEDGE ^ Mixed Fruit Cup Orange Juice Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes	CHEESE PIZZA WEDGE BAGEL DOG ^ Hot Dog Bun SPICY CHICKEN FILLET Hamburger Bun ^ Fresh Banana* Salad Bar Selections	CHICKEN NUGGETS Marinara Dipping Sauce PEPPERONI PIZZA WEDGE ^ CHEESY PARM WRAP ^ Fresh Apple* Pretzel ^ Salad Bar Selections Pickle Chips	TACO MEAT Shredded Cheddar Cheese Salsa Cup Tortilla Rounds ^ Banana Pepper Rings 4-CHEESE PANINI ^ POPCORN CHICKEN Fresh Orange* Snickerdoodle Cookie ^ Salad Bar Selections Shredded Lettuce Black Beans Corn
30				
CHICKEN NUGGETS DELI SUB SANDWICH ^ Applesauce Cup Diced Peaches Snickerdoodle Cookie ^ Salad Bar Selections				

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat