

APRIL LUNCH



Muroc JUSD Jr.-Sr. High School Lunch

2020 C3S grades 7-12

Monday	Tuesday	Wednesday	Thursday	Friday
		1 PEPPERONI PIZZA WEDGE ^ CHEESEBURGER Hamburger Bun ^ GRILLED CHEESE SANDWICH ^ Fresh Pear* Orange-Tangerine Juice Salad Bar Selections Green Pepper Slices	2 CHIK'N NUGGETS Breadstick (IW)^ HOT DOG Hot Dog Bun VEGETARIAN CHILI W/ BEANS Tortilla Rounds ^ Fresh Orange* Pineapple Tidbits Multi Grain Sun Chips ^ Salad Bar Selections Black Beans Corn	3 BEAN & CHEESE BURRITO ^ CRISPY CHICKEN PATTY ^ Hamburger Bun ^ TURKEY HAM & CHEESE PANINI ^ Fresh Banana* Diced Peaches Salad Bar Selections Pickle Chips
6 PANCAKES & SAUSAGE ^ CHICKEN TENDERS WAFFLES ^ Sun Splash Veggie Juice Applesauce Cup Diced Peaches Syrup Salad Bar Selections Pickle Chips	7 BBQ CHICKEN TATER TOT-CHOS Tortilla Rounds ^ MINI CORN DOGS BEAN & CHEESE BURRITO ^ Mixed Fruit Cup Grape Juice Snickerdoodle Cookie ^ Salad Bar Selections	8 POPCORN CHICKEN CHEESEBURGER Hamburger Bun ^ GRILLED CHEESE SANDWICH ^ Pineapple Tidbits Orange-Tangerine Juice Pretzel ^ Salad Bar Selections Black Beans Corn	9 CHICKEN ALFREDO ^ HOT DOG Hot Dog Bun ^ MINI RAVIOLI W/SAUCE Fresh Apple Vanilla Cookie ^ Salad Bar Selections Green Pepper Slices	10 CHEESE PIZZA WEDGE SPICY CHICKEN FILLET Hamburger Bun ^ TURKEY & CHEESE SANDWICH ^ Fresh Banana* Diced Peas Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes
13	14	15	16	17
20 BEEF & BEAN CHILI Fritos ^ CHICKEN TENDERS Potato Wedges Mixed Vegetables Diced Peaches Orange Sorbet 100% Juice Vanilla Cookie ^	21 DELI SUB SANDWICH ^ MINI CORN DOGS CHEESY PARM WRAP ^ Potato Rounds Corn Diced Peas Fruit Punch Juice	22 PIZZA DIPPERS ^ Marinara Dipping Sauce CHEESEBURGER Hamburger Bun CHICKEN NUGGETS Sliced Bread ^ Diced Carrots Broccoli Pineapple Tidbits Grape Juice	23 CHEESY TACO MEAT Wild White Nacho Doritos^ HOT DOG Hot Dog Bun ^ MAC & CHEESE ^ Fresh Apple Chocolate Cookie ^ Salad Bar Selections Black Beans	24 CHEESY BUFFALO CHICKEN ROTINI ^ CRISPY CHICKEN PATTY ^ Hamburger Bun ^ PEPPERONI PIZZA WEDGE ^ Fresh Banana* Mixed Fruit Cup Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes CROUTONS ^
27 SPAGHETTI W/MEATBALLS CHICKEN TENDERS Sweet Potato Fries Diced Peas Orange-Tangerine Juice Snickerdoodle Cookie ^ Salad Bar Selections	28 CHICKEN PARMESAN ^ Breadstick (IW)^ MINI CORN DOGS SOUTHWESTERN BLACK BEAN & CHEESE BURRITO ^ Diced Peaches Grape Juice Salad Bar Selections Pickle Chips	29 TERIYAKI CHICKEN PATTY HAMBURGER Hamburger Bun ^ GRILLED CHEESE PANINI ^ Fresh Banana* Mixed Fruit Cup Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins CROUTONS ^	30 RIB-B-QUE Hamburger Bun ^ HOT DOG Hot Dog Bun ^ CHEESE PIZZA WEDGE Fresh Apple Multi Grain Sun Chips ^ Salad Bar Selections Black Beans	

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

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