

# OCTOBER | 2022

## Lebanon City School Jr. High Lunch



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>3</b> Fish Sticks-22 Mac &amp; Cheese-15 OR 33-PBJ/Yogurt-20 Green Beans-5 Coleslaw-17 Choice of Fruit-20 Choice of Milk 12-24</p>	<p><b>4</b> Chicken Tenders Dinner Roll-15 OR Max Taco Wedges-30 Mash Sweet Potatoes-12 4-Popeye Salad/Dressing-2 Choice of Fruit-20 Choice of Milk 12-24</p>	<p><b>5</b> Bake Rotini w/Beef Spaghetti Sauce -24 Breadstick-14 OR Chicken Fajita-37 Green Peas-12 4- Salad w/Ranch-2 Choice of Fruit-20 Choice of Milk 12-24</p>	<p><b>6</b> Nachos w/Fiesta Beef-5 OR 15-Pulled BBQ Chicken on Bun-21 24-Black Bean &amp; Salsa-6 Corn-12 Choice of Fruit-20 Choice of Milk 12-24</p>	<p><b>7</b> Pizza-35 OR Turkey/Cheese Wrap-34 Marinara Sauce-6 Three Bean Salad-21 Choice of Fruit-20 Choice of Milk 12-24</p>
<p><b>10</b> Cinnamon Fr. Toast-25 Syrup-31/Sausage-0 OR Ham/Cheese Wrap-21 Hash Brown Rounds-15 Wango Mango Juice-13 Choice of Fruit-20 Choice of Milk 12-24</p>	<p><b>11</b> 27-Soft Taco w/ Beef-5 OR 1-Grilled Chicken on Bun-21 24-Black Beans &amp; Salas-2 Corn-12 Choice of Fruit-20 Choice of Milk 12-24</p>	<p><b>12</b> Chicken Patty on Bun-21 OR 2-Hot Dog on Bun-25 Sweet Potato Fries-23 Green Beans-5 Choice of Fruit-20 Choice of Milk-12-24</p>	<p><b>13</b> 7-Pulled BBQ Pork On Bun-21 OR Grilled Cheese Sandwich-25 Baked Beans-13 6-Veggie Sticks /Dip-2 Choice of Fruit-20 Choice of Milk-12-24</p>	<p><b>14</b> Baked Cheese Stick-30 OR 33-PBJ/Yogurt-20 Marinara Sauce Cup-6 Green Peas-12 Choice of Fruit-20 Choice of Milk-12-24</p>
<p><b>17</b> Salisbury Steak-6 Dinner Roll-15 OR 12-Hot &amp; Spicy Chicken on Bun-21 Mash Potatoes-17W/Gravy-2 Glazed Carrots-8 Choice of Fruit-20 Choice of Milk-12-24</p>	<p><b>18</b> Chicken Nugget-13 w/Cornbread Loaf-28 OR Grilled Cheese Sandwich-25 Baked Beans-13 1-Celery Sticks W/Dip-2 Choice of Fruit-20 Choice of Milk-12-24</p>	<p><b>19</b> 8-Italian Meat Sauce over Spaghetti-41 Garlic Bread-12 OR 16-Pretzel/Cheese-3/Yogurt-20 Garden Salad-4 W/Chickpeas-10 Choice of Fruit-20 Choice of Milk-12-24</p>	<p><b>20</b> Queso Blanco Sauce-4 Tortilla Chips-21 OR 2-Hot Dog on Bun-25 Refried Beans-24 Salsa -6 Sweet Corn-12 Choice of Fruit-20 Choice of Milk-12-24</p>	<p><b>21</b> Pizza Rounds-21 OR Turkey Wrap-32 Marinara Sauce Cup-6 Broccoli-5 Choice of Fruit-20 Choice of Milk-12-24</p>
<p><b>24</b> 27-Sweet &amp; Sour Chicken/Brown Rice-31 OR 10-Sloppy Joe/Bun-21 Stir Fry Veg. Blend-5 Baby carrots-6 Choice of Fruit-20 Choice of Milk-12-24</p>	<p><b>25</b> Cheese Ravioli w/ 3-Italian Sauce Garlic Breadstick-14 OR 12-Hot &amp; Spicy Chicken on Bun-21 Green Beans-5 4-Mixed Salad -Choice of Fruit-20 Choice of Milk-12-24</p>	<p><b>26</b> Coney Hot Dog on Bun-21 Or 1-Hamburger on Bun-21 Baked Beans-13 6-Veggie Sticks/Dip-2 Choice of Fruit-20 Choice of Milk-12-24</p>	<p><b>27</b> Chicken Nuggets Dinner Roll-15 Or Ham/Cheese Wrap-21 Mash Potatoes-12 4-Popeye Salad/Dressing-2 Choice of Fruit-20 Choice of Milk-12-24</p>	<p><b>28</b> Pizza-30 Or Ham/Cheese On Hawaiian Bun-27 Marinara Sauce-6 Sweet Corn-12 Choice of Fruit-20 Choice of Milk-12-24</p>
<p><b>31</b> Scrambled Eggs/Ham-1 Fruit Muffin-31 Or Chicken Quesadilla-37 Hash Browns-29 Dragon Punch Juice-13 Choice of Fruit-20 Choice of Milk 12-24</p>	<p><b>1</b> 15-Chili Beef &amp; Beans over Spaghetti-41 Cheese-1 or 2-Hot Dog on Bun-25 Cucumber Slices-2 Broccoli Bites-5 W/Dip-2 Choice of Fruit-20 Choice of Milk 12-24</p>	<p><b>2</b> Popcorn Chicken-14 Biscuit- 23 Or 16-Pretzel/Cheese-3 Yogurt-20 Mash Potatoes-12 Corn-12 Choice of Fruit-20 Choice of Milk 12-24</p>	<p><b>3</b> 27-Soft Taco w/ Beef-5 1-Cheese &amp; Salsa-24 OR 33-PBJ/Yogurt-20 Refried Beans-23 Romaine Salad-3/ Dressing-2 Choice of Fruit-20 Choice of Milk 12-24</p>	<p><b>4</b> Choice of Pizza-40 OR 8-Meatloaf Patty on Bun-21 Marinara Sauce-6 Glazed Carrots-8 Choice of Fruit-20 Choice of Milk 12-24</p>

### News

With Offer vs. Serve, students must select at least 3 of the 5 components and one of the components must be ½ cup of fruit or vegetable component for their tray for it to count as a reimbursable meal.

A choice of Skim, nonfat and/or 1% unflavored and/or flavored milk is served with each meal

**MEAL PRICING:**  
Lunch Full Price \$2.80  
Reduced Lunch Price \$0.40  
Milk Only \$0.70

Menus are subject to change due to availability of Food

*This institution is an equal opportunity provider*