

Menu
Subject To Change

Daily Milk Choices:
1% White
Fat Free White
Fat Free Chocolate

Jamestown Middle Schools

January 2018

Meal Prices:
Breakfast-No Charge
Lunch-No Charge
Milk—\$.50

Monday	Tuesday	Wednesday	Thursday	Friday
1 New Years Day	2 <i>Popcorn Chicken w/ Steamed Rice</i> Sweet Corn Steamed Asparagus Applesauce Cup Chilled Peaches Choice of Milk	3 <i>Cheese Pizza or Pepperoni Pizza</i> Green Beans Steamed Spinach Chilled Pears Fruit Punch Choice of Milk	4 <i>Soft Tacos w/ Lettuce & Cheese</i> Refried Beans Steamed Carrots Mixed Fruit Banana Choice of Milk	5 <i>Rainbow Trout Melt on Bun</i> Oven Fries Sweet Corn Chilled Applesauce Chilled Pineapple Choice of Milk
8 <i>Italian Dunkers w/ Marinara Sauce</i> Steamed Carrots Green Beans Apple Slices Sidekicks Frozen Juice Choice of Milk	9 <i>Breaded Pork Chop w/ Dinner Roll</i> Mashed Potatoes & Gravy Brussel sprouts Chilled Peaches Choice of Milk	10 <i>Buffalo Chicken Pizza or Cheese Pizza</i> Sweet Corn Grape Tomatoes Kiwi Wedges Grape Juice Choice of Milk	11 <i>Turkey Sub w/ Lettuce & Cheese w/ Chips</i> Oven Fries Pinto Beans Chilled Applesauce Fresh Tangerine Choice of Milk	12 <i>Toasted Cheese</i> Tomato Soup Steamed Broccoli Celery Sticks Fresh Grapes Choice of Milk
15 Martin Luther King Jr. Day	16 <i>Popcorn Chicken w/ Steamed Rice</i> Green Beans Sweet Potatoes Mixed Fruit Apple Slices Choice of Milk	17 <i>Cheese Pizza or Pepperoni Pizza</i> Mixed Vegetables Steamed Spinach Orange Wedges Fruit Punch Choice of Milk	18 <i>Chicken Fajitas w/ Lettuce & Cheese</i> Steamed Carrots Refried Beans Chilled Peaches Applesauce Cup Choice of Milk	19 <i>Breaded Rainbow Trout w/ Dinner Roll</i> Oven Fries Sweet Corn Chilled Pears Chilled Pineapple Choice of Milk
22 <i>Roasted Chicken w/ Steamed Rice</i> Steamed Broccoli Brussel Sprouts Apple Slices Choice of Milk	23 <i>Double Cheeseburger on Bun</i> Oven Fries Vegetarian Beans Chilled Pears Chilled Applesauce Choice of Milk	24 <i>Cheese Pizza or Pepperoni Pizza</i> "Abers Acres Corn on the Cob" Grape Tomatoes Kiwi Wedges Grape Juice Choice of Milk	25 <i>Turkey & Gravy w/ Dinner Roll</i> Mashed Potatoes Butternut Squash Chilled Peaches Choice of Milk	26 <i>Macaroni & Cheese w/ Dinner Roll</i> Stewed Tomatoes Green Beans Mixed Fruit Chilled Applesauce Choice of Milk
29 <i>French Toast Sticks w/ Breakfast Sausage</i> Sweet Peas Carrot Sticks Sliced Apples Orange Juice Choice of Milk	30 <i>Chicken Parmesan on Bun</i> Mixed Vegetables Oven Fries Chilled Peaches Strawberry Cup Choice of Milk	31 <i>Buffalo Chicken Pizza or Cheese Pizza</i> Green Beans Steamed Cauliflower Chilled Pears Apple Juice Choice of Milk	<p>Everyday Entrée Substitutions: Sandwiches & Wraps PB&J Sandwich Yogurt, Chef Salad</p> <p>Monday-Turkey & Cheese Melt Tuesday-Beef Enchiladas Wednesday-Cheeseburgers Thursday-Chicken Patty Friday-BBQ Pulled Pork on Bun Carrot Sticks offered daily</p> <p>For A La Carte Purchases: Checks & Cash are Accepted. Make checks payable to: Jamestown School Cafeteria</p> <p>To Decline Free Breakfast and Free Lunch, contact the Food Service Office at 483-4398</p>	