



## MCGREGOR JUNIOR HIGH LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 S - HOAGIE SANDWICH S - BBQ CHICKEN G - WHOLE GRAIN ROLL S - CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G-CARROT STICKS G- QUICK BAKED POTATOES G - SEAS, GREEN BEANS G - CHILLED PEARS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA	2 S - CHICKEN SPAGHETTI S-CHICKEN NUGGETS S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G: WHOLE GRAIN ROLL G-ROMAINE/SPINACH SALAD G - W/K CORN G - SEAS, GREEN BEANS G-MASHED POTATOES G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA	3 S - BEEF ENCHILIDAS S - STEAK FINGERS Crackers W/G S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD REFRIED BEANS G-MASHED POTATOES G-CELERY STICKS G - PINEAPPLE TIDBITS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA	4 S - NACHOS W/ GROUND BEEF SPANISH RICE S-CHICKEN NUGGETS G: WHOLE GRAIN ROLL S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G - STEAMED BROCCOLI G - SEAS, GREEN BEANS G-MASHED POTATOES G-CHILLED APPLESAUCE G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE	5 S - CHEESEBURGER S - FISH NUGGETS G - GRAHAM CRACKERS 3 CT S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G-CELERY STICKS G - LETTUCE & TOMATO S - POTATO ROUNDS G - CHILL FRUIT COCKTAIL G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA
8  STUDENT HOLIDAY	9 S - LASAGNA W/ GRND BEEF S-CHICKEN NUGGETS G: WHOLE GRAIN ROLL S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G - STEAMED BROCCOLI G-CARROT COINS G-MASHED POTATOES G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA	10 S-BEEF TACO S - STEAK FINGERS G: WHOLE GRAIN ROLL S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G - W/K CORN G - SEAS, PINTO BEANS G-ROMAINE/SPINACH SALAD G - PINEAPPLE TIDBITS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%	11 S - CHICKEN FRIED STEAK S-CHICKEN NUGGETS G: WHOLE GRAIN ROLL S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G-MASHED POTATOES G - SEAS, GREEN BEANS G-CARROT STICKS G-CHILLED APPLESAUCE G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA	12 S - CHEESEBURGER S - FISH NUGGETS G - GRAHAM CRACKERS 3 CT S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD S - POTATO ROUNDS G - LETTUCE & TOMATO G-CELERY STICKS G - CHILL FRUIT COCKTAIL G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA
15 S - CORN DOG S - STEAK FINGERS G: WHOLE GRAIN ROLL S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G-CARROT COINS G - SEAS, GREEN BEANS G - CHILLED PEARS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%	16 S-SLOPPY JOE ON W/G ROLL S-CHICKEN NUGGETS G: WHOLE GRAIN ROLL S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G - SEAS, GREEN BEANS G-MASHED POTATOES G - W/K CORN G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA	17 S - FRITO PIE S - CORNBREAD S - STEAK FINGERS S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE REFRIED BEANS G-ROMAINE/SPINACH SALAD G-MASHED POTATOES G - PINEAPPLE TIDBITS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%	18 S - SPAGHETTI W MEAT S-CHICKEN NUGGETS G: WHOLE GRAIN ROLL S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G - W/K CORN G - SEAS, PINTO BEANS G - STEAMED BROCCOLI G-CHILLED APPLESAUCE G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA	19 S - CHEESEBURGER S - FISH NUGGETS Crackers W/G S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G - LETTUCE & TOMATO S - POTATO ROUNDS G - CARROT STICKS G - CHILL FRUIT COCKTAIL G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA
22 S - HOAGIE SANDWICH S - BBQ CHICKEN G - WHOLE GRAIN ROLL S - CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G-CARROT STICKS G- QUICK BAKED POTATOES G - SEAS, GREEN BEANS G - CHILLED PEARS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA	23 S - CHICKEN SPAGHETTI S-CHICKEN NUGGETS S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G: WHOLE GRAIN ROLL G-ROMAINE/SPINACH SALAD G - W/K CORN G - SEAS, GREEN BEANS G-MASHED POTATOES G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA	24 S - BEEF ENCHILIDAS S - STEAK FINGERS Crackers W/G S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD REFRIED BEANS G-MASHED POTATOES G-CELERY STICKS G - PINEAPPLE TIDBITS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA	25 S - NACHOS W/ GROUND BEEF SPANISH RICE S-CHICKEN NUGGETS G: WHOLE GRAIN ROLL S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G - STEAMED BROCCOLI G - SEAS, GREEN BEANS G-MASHED POTATOES G-CHILLED APPLESAUCE G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE	26 S - CHEESEBURGER S - FISH NUGGETS G - GRAHAM CRACKERS 3 CT S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G-CELERY STICKS G - LETTUCE & TOMATO S - POTATO ROUNDS G - CHILL FRUIT COCKTAIL G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA
29 S - CHICKEN ON A BUN S - STEAK FINGERS G: WHOLE GRAIN ROLL S-PEPPERONI PIZZA WEDGE S- CHEESE PIZZA G - BAKED BEANS S-POTATOES AU GRATIN G-ROMAINE/SPINACH SALAD G - CHILLED PEARS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%	30 S - LASAGNA W/ GRND BEEF S-CHICKEN NUGGETS G: WHOLE GRAIN ROLL S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G - STEAMED BROCCOLI G-CARROT COINS G-MASHED POTATOES G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA	31 S-BEEF TACO S - STEAK FINGERS G: WHOLE GRAIN ROLL S- CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G - W/K CORN G - SEAS, PINTO BEANS G-ROMAINE/SPINACH SALAD G - PINEAPPLE TIDBITS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1%		

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