



## MCGREGOR JUNIOR HIGH LUNCH MENU

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
|--|---|---|---|---|
| <b>STUDENT HOLIDAY</b>   | 4 S-SLOPPY JOE ON W/G ROLL<br>S-CHICKEN NUGGETS<br>G: WHOLE GRAIN ROLL<br>S- CHEESE PIZZA<br>S-PEPPERONI PIZZA WEDGE<br>G-ROMAINE/SPINACH SALAD<br>G - SEAS. GREEN BEANS<br>G-MASHED POTATOES<br>G - W/K CORN<br>G - CHILL SLICED PEACHES<br>G-APPLE RED DELICIOUS<br>G-APPLE GRANNY SMITH<br>G-ORANGE<br>G-BANANA<br>G-MILK WHITE 1%<br>G-MILK CHOCOLATE FF<br>G-MILK STRAWBERRY FF    | 5 S - FRITO PIE<br>S - CORNBREAD<br>S - STEAK FINGERS<br>S- CHEESE PIZZA<br>S-PEPPERONI PIZZA WEDGE<br>REFRIED BEANS<br>G-ROMAINE/SPINACH SALAD<br>G-MASHED POTATOES<br>G - PINEAPPLE TIDBITS<br>G-APPLE RED DELICIOUS<br>G-APPLE GRANNY SMITH<br>G-ORANGE<br>G-BANANA<br>G-MILK WHITE 1%<br>G-MILK CHOCOLATE FF<br>G-MILK STRAWBERRY FF                          | 6 S - SPAGHETTI W MEAT<br>S-CHICKEN NUGGETS<br>G: WHOLE GRAIN ROLL<br>S- CHEESE PIZZA<br>S-PEPPERONI PIZZA WEDGE<br>G-ROMAINE/SPINACH SALAD<br>G - W/K CORN<br>G - SEAS. PINTO BEANS<br>G - STEAMED BROCCOLI<br>G-CHILLED APPLESAUCE<br>G-APPLE RED DELICIOUS<br>G-APPLE GRANNY SMITH<br>G-ORANGE<br>G-BANANA<br>G-MILK WHITE 1%<br>G-MILK CHOCOLATE FF<br>G-MILK STRAWBERRY FF       | 7 S - CHEESEBURGER<br>S - FISH FINGERS<br>Crackers W/G<br>S- CHEESE PIZZA<br>S-PEPPERONI PIZZA WEDGE<br>G-ROMAINE/SPINACH SALAD<br>G - LETTUCE & TOMATO<br>S - POTATO ROUNDS<br>G-CARROT STICKS<br>G - CHILL FRUIT COCKTAIL<br>G-APPLE RED DELICIOUS<br>G-APPLE GRANNY SMITH<br>G-ORANGE<br>G-BANANA<br>G-MILK WHITE 1%<br>G-MILK CHOCOLATE FF<br>G-MILK STRAWBERRY FF              |
| 10 S - HOAGIE SANDWICH<br>S- BBQ CHICKEN<br>G: WHOLE GRAIN ROLL<br>S- CHEESE PIZZA<br>S-PEPPERONI PIZZA WEDGE<br>G-ROMAINE/SPINACH SALAD<br>G - W/K CORN<br>G- QUICK BAKED POTATOES<br>G - SEAS. GREEN BEANS<br>G - CHILLED PEARS<br>G-APPLE RED DELICIOUS<br>G-APPLE GRANNY SMITH<br>G-ORANGE<br>G-BANANA<br>G-MILK WHITE 1%<br>G-MILK CHOCOLATE FF<br>G-MILK STRAWBERRY FF | 11 S - CHICKEN SPAGHETTI<br>S-CHICKEN NUGGETS<br>S- CHEESE PIZZA<br>S-PEPPERONI PIZZA WEDGE<br>G: WHOLE GRAIN ROLL<br>G-ROMAINE/SPINACH SALAD<br>G - W/K CORN<br>G - SEAS. GREEN BEANS<br>G-MASHED POTATOES<br>G - CHILL SLICED PEACHES<br>G-APPLE RED DELICIOUS<br>G-APPLE GRANNY SMITH<br>G-ORANGE<br>G-BANANA<br>G-MILK WHITE 1%<br>G-MILK CHOCOLATE FF<br>G-MILK STRAWBERRY FF      | 12 S - BEEF ENCHILIDAS<br>S - STEAK FINGERS<br>Crackers W/G<br>S- CHEESE PIZZA<br>S-PEPPERONI PIZZA WEDGE<br>G-ROMAINE/SPINACH SALAD<br>REFRIED BEANS<br>G-MASHED POTATOES<br>G-CELERY STICKS<br>G - PINEAPPLE TIDBITS<br>G-APPLE RED DELICIOUS<br>G-APPLE GRANNY SMITH<br>G-ORANGE<br>G-BANANA<br>G-MILK WHITE 1%<br>G-MILK CHOCOLATE FF<br>G-MILK STRAWBERRY FF | 13 S - NACHOS W GROUND BEEF<br>SPANISH RICE<br>S-CHICKEN NUGGETS<br>G: WHOLE GRAIN ROLL<br>S- CHEESE PIZZA<br>S-PEPPERONI PIZZA WEDGE<br>G-ROMAINE/SPINACH SALAD<br>G - STEAMED BROCCOLI<br>G - SEAS. GREEN BEANS<br>G-MASHED POTATOES<br>G-CELERY STICKS<br>G-APPLE RED DELICIOUS<br>G-APPLE GRANNY SMITH<br>G-ORANGE<br>G-BANANA<br>G-MILK WHITE 1%<br>G-MILK CHOCOLATE FF          | 14 S - CHEESEBURGER<br>S - FISH FINGERS<br>G - GRAHAM CRACKERS 3 CT<br>S- CHEESE PIZZA<br>S-PEPPERONI PIZZA WEDGE<br>G-ROMAINE/SPINACH SALAD<br>G-CELERY STICKS<br>G - LETTUCE & TOMATO<br>S - POTATO ROUNDS<br>G - CHILL FRUIT COCKTAIL<br>G-APPLE RED DELICIOUS<br>G-APPLE GRANNY SMITH<br>G-ORANGE<br>G-BANANA<br>G-MILK WHITE 1%<br>G-MILK CHOCOLATE FF<br>G-MILK STRAWBERRY FF |
| 17 S - CHICKEN ON BUN<br>S - STEAK FINGERS<br>G: WHOLE GRAIN ROLL<br>S-PEPPERONI PIZZA WEDGE<br>S- CHEESE PIZZA<br>G - BAKED BEANS<br>S-POTATOES AU GRATIN<br>G-ROMAINE/SPINACH SALAD<br>G - CHILLED PEARS<br>G-APPLE RED DELICIOUS<br>G-APPLE GRANNY SMITH<br>G-ORANGE<br>G-BANANA<br>G-MILK WHITE 1%<br>G-MILK CHOCOLATE FF<br>G-MILK STRAWBERRY FF                        | 18 S - LASAGNA W GRND BEEF<br>S-CHICKEN NUGGETS<br>G: WHOLE GRAIN ROLL<br>S- CHEESE PIZZA<br>S-PEPPERONI PIZZA WEDGE<br>G-ROMAINE/SPINACH SALAD<br>G - STEAMED BROCCOLI<br>G - CARROT COINS<br>G-MASHED POTATOES<br>G - CHILL SLICED PEACHES<br>G-APPLE RED DELICIOUS<br>G-APPLE GRANNY SMITH<br>G-ORANGE<br>G-BANANA<br>G-MILK WHITE 1%<br>G-MILK CHOCOLATE FF<br>G-MILK STRAWBERRY FF | 19 S-BEEF TACO<br>S - STEAK FINGERS<br>G: WHOLE GRAIN ROLL<br>S- CHEESE PIZZA<br>S-PEPPERONI PIZZA WEDGE<br>G - W/K CORN<br>G - SEAS. PINTO BEANS<br>G-ROMAINE/SPINACH SALAD<br>G - PINEAPPLE TIDBITS<br>G-APPLE RED DELICIOUS<br>G-APPLE GRANNY SMITH<br>G-ORANGE<br>G-BANANA<br>G-MILK WHITE 1%<br>G-MILK CHOCOLATE FF<br>G-MILK STRAWBERRY FF                  | 20 S - CHICKEN FRIED STEAK<br>S-CHICKEN NUGGETS<br>G: WHOLE GRAIN ROLL<br>S- CHEESE PIZZA<br>S-PEPPERONI PIZZA WEDGE<br>G-ROMAINE/SPINACH SALAD<br>G - MASHED POTATOES<br>G - SEAS. GREEN BEANS<br>G-CARROT STICKS<br>G-CHILLED APPLESAUCE<br>G-APPLE RED DELICIOUS<br>G-APPLE GRANNY SMITH<br>G-ORANGE<br>G-BANANA<br>G-MILK WHITE 1%<br>G-MILK CHOCOLATE FF<br>G-MILK STRAWBERRY FF | 21 S - CHEESEBURGER<br>S - FISH FINGERS<br>G - GRAHAM CRACKERS 3 CT<br>S- CHEESE PIZZA<br>S-PEPPERONI PIZZA WEDGE<br>G-ROMAINE/SPINACH SALAD<br>S - POTATO ROUNDS<br>G - LETTUCE & TOMATO<br>G-CELERY STICKS<br>G - CHILL FRUIT COCKTAIL<br>G-APPLE RED DELICIOUS<br>G-APPLE GRANNY SMITH<br>G-ORANGE<br>G-BANANA<br>G-MILK WHITE 1%<br>G-MILK CHOCOLATE FF<br>G-MILK STRAWBERRY FF |
| 24 S - CORN DOG<br>S - STEAK FINGERS<br>G: WHOLE GRAIN ROLL<br>S- CHEESE PIZZA<br>S-PEPPERONI PIZZA WEDGE<br>G-ROMAINE/SPINACH SALAD<br>G - CARROT COINS<br>G - SEAS. GREEN BEANS<br>G - CHILLED PEARS<br>G-APPLE RED DELICIOUS<br>G-APPLE GRANNY SMITH<br>G-ORANGE<br>G-BANANA<br>G-MILK WHITE 1%<br>G-MILK CHOCOLATE FF<br>G-MILK STRAWBERRY FF                            | 25 S-SLOPPY JOE ON W/G ROLL<br>S-CHICKEN NUGGETS<br>G: WHOLE GRAIN ROLL<br>S- CHEESE PIZZA<br>S-PEPPERONI PIZZA WEDGE<br>G-ROMAINE/SPINACH SALAD<br>G - SEAS. GREEN BEANS<br>G-MASHED POTATOES<br>G - W/K CORN<br>G - CHILL SLICED PEACHES<br>G-APPLE RED DELICIOUS<br>G-APPLE GRANNY SMITH<br>G-ORANGE<br>G-BANANA<br>G-MILK WHITE 1%<br>G-MILK CHOCOLATE FF<br>G-MILK STRAWBERRY FF   | 26 S - FRITO PIE<br>S - CORNBREAD<br>S - STEAK FINGERS<br>S- CHEESE PIZZA<br>S-PEPPERONI PIZZA WEDGE<br>REFRIED BEANS<br>G-ROMAINE/SPINACH SALAD<br>G-MASHED POTATOES<br>G - PINEAPPLE TIDBITS<br>G-APPLE RED DELICIOUS<br>G-APPLE GRANNY SMITH<br>G-ORANGE<br>G-BANANA<br>G-MILK WHITE 1%<br>G-MILK CHOCOLATE FF<br>G-MILK STRAWBERRY FF                         | 27 S - SPAGHETTI W MEAT<br>S-CHICKEN NUGGETS<br>G: WHOLE GRAIN ROLL<br>S- CHEESE PIZZA<br>S-PEPPERONI PIZZA WEDGE<br>G-ROMAINE/SPINACH SALAD<br>G - W/K CORN<br>G - SEAS. PINTO BEANS<br>G - STEAMED BROCCOLI<br>G-CHILLED APPLESAUCE<br>G-APPLE RED DELICIOUS<br>G-APPLE GRANNY SMITH<br>G-ORANGE<br>G-BANANA<br>G-MILK WHITE 1%<br>G-MILK CHOCOLATE FF<br>G-MILK STRAWBERRY FF      | 28 S - CHEESEBURGER<br>S - FISH FINGERS<br>Crackers W/G<br>S- CHEESE PIZZA<br>S-PEPPERONI PIZZA WEDGE<br>G-ROMAINE/SPINACH SALAD<br>G - LETTUCE & TOMATO<br>S - POTATO ROUNDS<br>G-CARROT STICKS<br>G - CHILL FRUIT COCKTAIL<br>G-APPLE RED DELICIOUS<br>G-APPLE GRANNY SMITH<br>G-ORANGE<br>G-BANANA<br>G-MILK WHITE 1%<br>G-MILK CHOCOLATE FF<br>G-MILK STRAWBERRY FF             |

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