

# HIGH SCHOOL MENU

**W.G.= Whole Grain**    **g=Grams of Carbohydrates**  
**V=Vegetarian Entrée**    **P=Pork Entrée**

**B=Breakfast: A choice of juice, skim or 1% milk, cereal, and toast is offered daily. At least two items must be selected for breakfast price to apply.**

**Lunch:** An entrée plus one or two sides and milk are offered. At minimum, an entrée and one other item must be selected for lunch price to apply.

An additional one or two whole-grain rolls and cookie may be requested.

**Caution:** Common food allergen triggers—such as, but not limited to, dairy, eggs, fish, milk, nuts, soy, and wheat—may have come in contact with some or all foods served due to cross-contamination possibility in manufacturing or service and preparation.

Over a period of one week, the most popular menu items average:  
 Calories: 864  
 Grams of Fat: 27

## MARCH 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/1, 3/8, 3/15, 3/22, 3/29	3/2, 3/9 3/16, 3/23, 3/30	3/3, 3/10, 3/17, 3/24, 3/31	3/4, 3/11, 3/18, 3/25	3/5, 3/12, 3/19, 3/26
<b>B</b> -Egg & Cheese Biscuit (26g) French Toast Sticks (72g) Nacho Grande (50g) Cheeseburger (32g) Hot & Spicy Chicken Sandwich (36g) W.G. Cheese Pizza (32g) <b>V</b> W.G. Pepperoni Pizza (32g) <b>P</b> Beef & Cheese Hoagie (34g) <b>P</b> PB&J Uncrustable (33g) <b>V</b> Macaroni & Cheese (40g) <b>V</b> Turkey w/Gravy (6g)  Mashed Potatoes w/Gravy (19g) Baked Potato (51g) Broccoli w/Cheese (11g) Tossed Salad w/Dressing (6g) Vegetable Cup w/Dip (10g) Baked Apples (34g)  Assorted Fresh Fruit (6g) W.G. Roll (36g)	<b>B</b> -Breakfast Chicken Biscuit (25g) Donut (31g) Chili (24g) Cheeseburger (32g) Chicken Nuggets (13g) W.G. Cheese Pizza (32g) <b>V</b> W.G. Pepperoni Pizza (32g) <b>P</b> Ham & Cheese Hoagie (34g) <b>P</b> PB&J Uncrustable (33g) <b>V</b> Chicken Fajita Wrap (17g)  Crinkle Fries (21g) Baked Potato (51g) Corn (24g) Tossed Salad w/Dressing (6g) Assorted Fresh Fruit (6g)  Pineapple (30g) W.G. Roll (29g)	<b>B</b> -Enriched Cinnamon Roll (57g) Fruit & Yogurt Parfait (43g) (Branded Pizza (39g) Philly Beef & Cheese (34g) PB&J Uncrustable (33g) <b>V</b> Chef Salad (7g) Entrée Salad (7g) <b>V</b>  Crinkle Fries (21g) Baked Potato (51g) Peas (20g) Tossed Salad w/Dressing (6g) Vegetable Cup w/Dip (10g) Peaches (25g) Assorted Fresh Fruit (6g)  W.G. Roll (29g)	<b>B</b> -Sausage Pancake (23g) <b>P</b> Sausage Biscuit (25g) <b>P</b> Vegetable Soup w/Grilled Cheese Uncrustable (32g) <b>V</b> Cheeseburger (32g) Hot & Spicy Chicken Sandwich (36g) W.G. Cheese Pizza (32g) <b>V</b> W.G. Pepperoni Pizza (32g) <b>P</b> Beef & Cheese Hoagie (34g) PB&J Uncrustable (33g) <b>V</b> Chef Salad (7g) Entrée Salad (7g) <b>V</b> Breaded Chicken (7g)  Mashed Potatoes w/Gravy (29g) Baked Potato (51g) Green Beans (8g) Tossed Salad w/Dressing (6g) Assorted Fresh Fruit (6g) Pears (30g)  W.G. Roll (29g) Small Chocolate Chip Cookie (13g)	<b>B</b> -W.G. Banana (61g) or W.G. Blueberry Muffin (38g) W.G. Breakfast Pizza (26g) Nacho Grande (50g) Cheeseburger (32g) Chicken Nuggets (13g) W.G. Cheese Pizza (32g) <b>V</b> W.G. Pepperoni Pizza (32g) <b>P</b> Ham & Cheese Hoagie (34g) <b>P</b> PB&J Uncrustable (33g) <b>V</b> Chef Salad (7g) Entrée Salad (7g) <b>V</b> Fish on W.G. Roll (42g)  Crinkle Fries (21g) Baked Beans (31g) Kale Greens (6g) Tossed Salad w/Dressing (6g) Vegetable Cup w/Dip (10g) Applesauce (34g)  Assorted Fresh Fruit (6g) Corn Muffin (18g)

**National School Breakfast Week (March 8–12)**

Trays and utensils are 100 percent biodegradable.



[www.jcpsky.net](http://www.jcpsky.net)

Equal Opportunity/Affirmative Action Employer  
 Offering Equal Educational Opportunities  
 79970MarMenus.rj