

SEPTEMBER 2024

John F. Kennedy School

JUNIOR HIGH Potato & Salad Options

Monday	Tuesday	Wednesday	Thursday	Friday
2	POTATO W/HAM CHEESE OPT. S.C. & BUTTER	SALAD W/TURKEY & CHEESE	POTATO W/CHILI & CHEESE OPT S.C. & BUTTER	6
SALAD W/HAM & CHEESE	POTATO W/PORK & CHEESE OPT. S.C. & BUTTER	SALAD W/TURKEY & CHEESE	POTATO W/ TACO. MEAT & CHEESE OPT. S.C. & BUTTER	13
SALAD W/HAM & CHEESE	POTATO W/TURKEY BACON & CHEESE OPT. S.C. & BUTTER	SALAD W/TURKEY & CHEESE	POTATO W/HAM & CHEESE OPT. S.C. & BUTTER	20
SALAD W/GRILED CHICKEN & CHEESE	POTATO W/HAM & CHEESE OPT. S.C. & BUTTER	SALAD W/TURKEY BACON & CHEESE	POTATO W/BBQ SLOPPY JOE OPT. S.C & BUTTER	27
SALAD W/TURKEY & CHEESE				



SEPTEMBER 2024

John F. Kennedy School

Did you know the first French fries weren't made in France?

They were cooked in Greece.

Monday	Tuesday	Wednesday	Thursday	Friday
2	Cereal Topped WG Doughnut - Sunflower Seeds - Fruit Milk	Cereal of the Day Cinnamon Toast Fruit Milk	Caramel Mimi Cinnis-Roll Cheese Stick Fruit Milk	Cereal Bar of the Week GoGurt Yogurt Tube Fruit Milk
Cereal of the Day Cinnamon Toast Fruit Milk	Sausage Gravy w/ Biscuit Fruit Milk	Cereal of the Day Toast & Jelly Fruit Milk	Waffles w/ Syrup Fruit Milk	Strawberry/ Banana Smoothie Honey Graham Cracker Fruit - Milk
Cereal of the Day Toast & Jelly Fruit Milk	French Toast Sticks w/ Syrup Fruit Milk	Cereal of the Day Cinnamon Toast Fruit Milk	WG Pancakes w/ Syrup Fruit Milk	Cereal Bar of the Week Trix Yogurt Cup Fruit Milk
Cereal of the Day Cinnamon Toast Fruit Milk	WG Dutch Waffle w/ Syrup Fruit Milk	Cereal of the Day Eng. Muffin w/ Jelly Fruit Milk	Breakfast Pizza Fruit Milk	Cereal Bar of the Week Yogurt Cup Fruit Milk
Cereal of the Day Honey Graham Cracker Fruit Milk				



SEPTEMBER 2024

John F Kennedy School

What is small, red, and has a raspy voice?

A hoarse radish!

Monday

Tuesday

Wednesday

Thursday

Friday

2

Turkey & Cheese Flatbread R.F. Doritos - Confetti Bean Salsa- Veggie Mix/ Ranch Cranberries - Milk Chicken Nuggets
BBQ & Ketchup - Smileys
Mixed Vegetables
Cinn. Apple Slices - Milk

P.B & Jelly Sandwich
Sun Chips - Celery & Carrot
Sticks
Raisins - MIlk

12

Cheese Pizza Mixed Salad w/ Ranch Confetti Rice Krispy Pears - Milk

11=

BBQ Pork w/ WG Bun Potato the Day Baked Beans Apple - Milk Chicken Salad
Wheat Thins - Spring Mix &
Spinach w/ OV
Juice - Milk

Cheeseburger w/ WG Bun Ket. & Must. - Pasta Salad Veggie Slushy Peaches - Milk

11

18

Taco Meat Nachos w/ Chips -Cheese & Lettuce Blue Rasp. Applesauce Corn - Salsa Cup - Milk Bosco w/ Marinara OV/Coleslaw- Pudding Cup Honey Grahams Fruit Cocktail Mix - Milk

Chicken Patty w/ WG Bun BBQ & Ketchup - Broccoli Sweet Pot. Fries Banana - Milk

SoftShell Beef & Bean Taco -Pinto Bean Salsa Cheese & Lettuce - Corn Applesauce Cup - Milk

Mushroom "Hamburger Helper" - Egg Noodles Garlic St. - Sliced Carrots Pears - Milk Ham & Cheese Croissant
Spag. Pasta Salad w/ Black O Celery St w/ Opt.
Ranch - Juice - Milk

Toasted Ravs w/ Marinara CheeseStick - G. Beans Chocolate Ice Cream Cup Fruit - Milk

Chicken Parmesan

Buttered WG Spaghetti Green Beans Raisins - Milk Hot Dog w/ WG Bun
Ketchup & Mustard
Baked Beans - Dill Pickles
Pineapple - Milk

Sloppy Joe Potato Wedges w/ Shredded Cheese Cup Pretzel Cinn. Apple Slices - Milk Chicken Tenders
BBQ & Ketchup - Corn
Ruby Rusher Veggie Juice
Orange Slices - Milk

Pepperoni Pizza
Mixed Salad w/ French
Celery Sticks - Brownie
Cranberries - Milk

30

Pancakes w/ Syrup Sausage Patty Hashbrown w/ Salsa Orange Juice - Milk

[Enter Additional Info]

