Brunswick Junior High School Lunch Menu

Each Student is Required to have 1/2 Cup Fruit and/or Vegetable with Their Lunch

Offiered Daily
Skim and Low Fat Milk Choice
Sunbutter and Jelly Sandwich
on Whole Grain Bread and
Other Sandwich Choices

WG = Whole Grain
WW = Whole Wheat

Lunch	$2.90
Reduced	$ .40
Milk Only	$ .50

Salad Bar Offering
Leaf Lettuce
Spinach
Carrots
Tomatoes
Cucumbers
Onions
Peppers
Croutons
Specialty Salads
Diced Egg
Diced Ham
Fresh Fruit
Canned Fruit
Assorted Dressings

Menu Subject to Change Without Prior Notice

Monday	Tuesday	Wednesday	Thursday	Friday
Happy New Year!	2 Crispy Chicken Nuggets w/ a WG Dinner Roll or Chicken Fried Rice & Egg Roll Glazed Carrots Fruit and Food Bar Ala Carte School Made Cheese Quesadilla or Chicken Caesar Salad	3 Brunch for Lunch WG French Toast Sticks w/ Maple Syrup or Cheese Omelette w/ WG Blueberry Muffin Sausage Links- Cheese Stick Fruit and Food Bar AlaCarte Riblet Sandwich	4 Herb Roasted Chicken or Turkey and Cheese Sandwich on WG Mashed Potato Steamed Broccoli Dinner Roll WG Fruit and Food Bar Alacarte Pasta Salad or Bosco Sticks w/ Dipping Sauce	5 WG Pizza Rounds w/ Pepperoni or Oven Baked Fish Sandwich on WG Carrot Sticks w/ Low Fat Dip Fruit and Food Bar Alacarte French Bread Pizza
8 Chicken Patty Sandwich WG w/ lettuce, tomato Topping or Hot Ham and Cheese Sandwich WG Cucumbers w/ Hummus Dip Fruit and Food Bar Alacarte Pizza Sticks WG	9 Hamburger or Cheeseburger on WG orTuna Salad Sandwich WG Baked Beans Cole Slaw Fruit and Food Bar Alacarte School Made Cheese Quesadilla or Chicken Caesar Salad	10 Brunch for Lunch WG Pancakes w/ Maple Syurp or Cheese and Egg Breakfast Sandwich on WG English Muffin Sausage patty Cheese Stick Fruit and Food Bar Alacarte Riblet Sandwich	11 WG Pasta w/ Homemade Meat Sauce Cheesy Bread Stick or Chicken Salad Sandwich WG Mixed Green Salad Fruit and Food Bar Alacarte Bosco Sticks w/ Dipping Sauce or Pasta Salad	12 Homemade Pepperoni or Cheese Pizza WG or Crispy Fish Sticks w/ a Dinner Roll Curly Fries Veggie Sticks w/ Dip Fruit and Food Bar Alacarte French Bread Pizza
15 	16 Crispy Chicken Tenders w/ a WG Biscuit or Hot Ham and Cheese Sandwich on WG / Rice Pilaf Red and Green Pepper Sticks w/ Dip / Fruit and Food Bar Alacarte School Made Cheese Quesadilla or Chicken Caesar Salad	17 Brunch for Lunch WG Waffle Sticks w/ Maple Syrup or WG Bagel w/ Cream and Boiled Egg Sausage Patty Cheese Stick - Clementine Fruit and Food Bar Alacarte Riblet Sandwich	18 Oven Baked BBQ Chicken Mashed Potatoes Butternut Squash WG Dinner Roll or Tuna Salad Sandwich WG Fruit and Food Bar Alacarte Bosco Sticks w/ Dipping Sauce or Pasta Salad	19 WG Flat Bread Pizza or Oven Baked Fish Sandwich on a WG Bun Sweet Potato Fries Assorted Veggie Sticks w/ Dip Pineapple Tidbits Fruit and Food Bar Alacarte French Bread Pizza
22 Hamburger or Cheeseburger WG or Hot Dogs and Roll WG Crispy Oven Fries Cole Slaw Fruit and Food Bar Alacarte Pizza Sticks WG	23 Creamy Mac and Cheese WG or Corn Dogs / WG Bread Stick Fresh Veggies w/ Hummus Dip Fruit and Food Bar Alacarte School Made Cheese Quesadilla or Chicken Caesar Salad	24 Brunch for Lunch WG French Toast Sticks w/ Maple Syrup or Cheese Omelette w/ WG Blueberry Muffin Sausage Links- Cheese Stick Fruit and Food Bar A la carte Riblet Sandwich	25 Shepherd's Pie w/ a WG Roll or Ham Salad Sandwich on WG Steamed Green Beans Fruit and Food Bar Alacarte Bosco Sticks w/ Dipping Sauce or Pasta Salad	26 Pizza, Pepperoni or Cheese WG or Fish Tacos w/ Toppings Veggie Pasta Salad Fruit and Food Bar Alacarte French Bread Pizza

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