



Note: Menus and Nutritional Information can be found on our website.

Paid Lunch \$2.90
Reduced Lunch \$.40

Johnson Williams Middle School September 2017

A la Carte Items:
1% & FF Milk \$.60
Pretzel or Chips \$.85
WG Cookies 2/\$1.00
Bottled Water \$1.00
Fruit Roll Up: \$.60

Week 1
Week 2
Week 3
Week 4
Week 5

<p><i>A fresh fruit variety is offered daily to include: Apples, Bananas, Grapes, Strawberries, Peaches and Oranges, as in season.</i></p>	<p><i>Carrot Sticks are available daily.</i></p> <p><i>A variety of milk is available in Low Fat and Non-Fat varieties.</i></p>			<p>9/1 Grilled Teriyaki Chicken with Fried Brown Rice Steamed Carrots Mixed Fruit</p>
<p>9/4 No School Labor Day</p>	<p>9/5 Hot Dog on Bun Glazed Carrots Pineapple Tidbits</p>	<p>9/6 Chicken Parmesan w/WG Roll California Veggies Diced Peaches</p>	<p>9/7 Supreme Beef Nachos w/Spanish Rice Spanish Black Beans and/or Steamed Corn Pears</p>	<p>9/8 Chicken Tenders w/WG Breadstick Steamed Peas Mixed Fruit</p>
<p>9/11 Mini Corn Dogs Steamed Carrots Applesauce</p>	<p>9/12 Chicken Alfredo with WG Garlic Breadstick Steamed Broccoli Mandarin Oranges</p>	<p>9/13 Sweet & Sour Chicken w/Brown Rice Oriental Blend Veggies Mixed Fruit</p>	<p>9/14 Walking Nachos w/Spanish Rice Refried Beans and/or Steamed Corn Diced Peaches</p>	<p>9/15 Sloppy Joe Sandwich Baked Tater Tots Diced Peas</p>
<p>9/18 Hot Ham & Cheese Sandwich Roasted Sweet Potatoes Applesauce</p>	<p>9/19 Baked Potato Bar w/WG Roll Steamed Broccoli Diced Peaches</p>	<p>9/20 Chicken Fajita Spanish Black Beans and/or Steamed Corn Diced Peas</p>	<p>9/21 Steak & Cheese Sub Baked French Fries Mixed Fruit</p>	<p>9/22 Chicken Lo Mein Bowl Mixed Veggies Pineapple Tidbits</p>
<p>9/25 Popcorn Chicken Bowl w/WG Roll Mashed Potatoes Cinnamon Applesauce</p>	<p>9/26 Baked Ziti w/WG Breadstick Broccoli Diced Peaches</p>	<p>9/27 Beef & Broccoli w/Brown Rice Oriental Blend Veggies Pineapple Tidbits</p>	<p>9/28 Chicken Burrito Bar Spanish Black Beans and/or Steamed Corn Diced Peas</p>	<p>9/29 Pulled Pork BBQ Sandwich Sweet Potato Fries Mandarin Oranges</p>

Salad Choices:

Week 1: Grilled Chicken Salad w/Roll
Week 2: BLT Chicken Salad w/Roll
Week 3: Crispy Chicken Salad w/Roll
Week 4: Taco Salad w/Roll
Week 5: Chef Salad w/Roll

This month's feature is "Mex to the Max"!
Check out the specials in red!



Stacks Deli Choices:

Week 1: Chicken Ranch Wrap
Week 2: Italian Sub
Week 3: Tuna Sub
Week 4: Chicken Caesar Wrap
Week 5: Chicken Salad Sub

Meal Definition

1 meat/meat alternative, 1 bread/grain, 1 serving of fruit, 2 servings of vegetables & 1 low fat or fat free milk. Meals must include at least 3 components and 1 must be a fruit or vegetable.

This institution is an equal opportunity provider

Pizza Choices:

Cheese Pizza or Pepperoni Pizza available everyday

Hot Sandwich Choices:

Chicken Patty or Cheeseburger alternating daily

