

JANUARY 2024

JCSD Middle School

LUNCH

Contact Jo Apling with any questions or concerns
319-987-2581

*Various fresh vegetables and fruit choices are offered daily at Middle School and High School.
Skim white, skim chocolate and 1% white milk available at all schools for breakfast and lunch.*

Menu is subject to change, based on product availability
This institution is an equal opportunity provider.

MONDAY

NO SCHOOL
WINTER BREAK

1

TUESDAY

Cheeseburger/Bun
Fish Sandwich/Bun
Potato Smiles
Peaches

2

WEDNESDAY

Mini Corn Dogs
Buffalo Chicken Pizza
Green Beans
Blueberries

3

THURSDAY

Breaded Chicken Patty/
Bun
Ham and Swiss Flatbread
Corn
Fruit Cocktail

4

FRIDAY

Stuffed Crust Pepperoni
Pizza
Breaded Pork Patty /Bun
Cooked Carrots
Pineapple

5

Chicken Strips/ Tea Roll
Tomato Soup/ Grilled
Cheese
Sweet Potato Fries
Apple Slices

8

Quesadilla
Spicy Chicken Patty/Bun
Green Beans
Strawberry Applesauce

9

Rib Patty/ Bun
Crunchy Chicken Wrap
Baked Beans
Grapes
Chocolate Chip Cookie

10

Chicken Nuggets
Tea Roll
Turkey/Cheese Tortilla
Roll Up
Mashed Potatoes /Gravy
Mandarin Oranges

11

Pizza Crunchers
Marinara
Cook's Choice
Broccoli
Raisins

12

NO SCHOOL
STAFF PROFESSIONAL
DEVELOPMENT

15

Popcorn Chicken/ Tea
Roll
Cheeseburger/ Bun
Potato Wedges
Craisins

16

French Toast Sticks
Pancakes
Sausage Links / Yogurt
Hash Brown
Strawberries & Bananas

17

Chicken Tetrazzini
Herb Tea Roll
Hot Ham &
Cheese/Pretzel Bun
Corn
Banana

18

Bosco Cheese Sticks
Marinara
BBQ Pork Nachos
Peas
Pears

19

Cheeseburger/Bun
Pulled Pork/ Bun
Potato Smiles
Peaches

22

Hot Dog/ Bun
Buffalo Chicken Pizza
Green Beans
Blueberries

23

Soft Shell Taco
Club Sandwich
Refried Beans
Applesauce
Snickerdoodle Cookie

24

Breaded Chicken Patty/
Bun
Ham and Swiss Flatbread
Corn
Fruit Cocktail

25

Cheese Pizza
Chicken Bacon Melt/Bun
Cooked Carrots
Pineapple

26

Chicken Strips/ Tea Roll
Tomato Soup/ Grilled
Cheese
Sweet Potato Fries
Apple Slices

29

Orange Chicken/Rice
Quesadilla
Green Beans
Strawberry Applesauce

30

Sloppy Joe/ Bun
Crunchy Chicken Wrap
Baked Beans
Grapes
Cherry Chocolate Chip
Cookie

31

