

Cass Junior High School

August 2021

Welcome Back
To School

13

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Cheeseburger
or
Sunbutter & Jelly Sandwich

Tater Tots
Romaine Salad
100% Fruit Juice

Mac & Cheese
or
Turkey & Cheese Sandwich

Corn
Celery Sticks
Applesauce

30

Chicken Nuggets
Dinner Roll
or
Turkey Ham & Cheddar
Sandwich

Tater Tots
Baby Carrots
100% Fruit Juice

31

Hot Dog
or
Ranch Chicken Wrap

Green Beans
Fresh Broccoli
Diced Peaches

9/1

French Toast Sticks
W/ Syrup
String Cheese
or
Sunbutter & Jelly Sandwich

Corn
Baby Carrots
Fresh Apple

2

Cheeseburger
or
Sunbutter & Jelly Sandwich

Tater Tots
Romaine Salad
100% Fruit Juice

3

Italian Mozzarella Melt
or
Turkey & Cheese Sandwich

Corn
Celery Sticks
Applesauce

Student Lunch Free to all students

Milk Offered Daily as part of lunch

All menus meet or exceed current USDA or state-specific Dietary Guidelines for the Healthy, Hunger-Free Kids Act.

Items listed with a **RED*** may contain Pork
All of our grain products are whole-grain rich

Menus are subject to change without notice