

Cass Junior High School

October 2021

27

Chicken Nuggets
Dinner Roll
Pizza
Turkey Ham & Cheddar
Sandwich
Sunbutter & Jelly Sandwich

Tater Tots
Baby Carrots
100% Fruit Juice

28

Hot Dog
Pizza
Ranch Chicken Wrap
Sunbutter & Jelly Sandwich

Green Beans
.Fresh Broccoli
Diced Peaches

29

French Toast Sticks
String Cheese
Pizza
Turkey & Cheese Sandwich
Sunbutter & Jelly Sandwich

Corn
Baby Carrots
Fresh Apple

30

Cheeseburger
Pizza
Turkey Ham & Cheddar
Sandwich
Sunbutter & Jelly Sandwich

Tater Tots
Romaine Salad
100% Fruit Juice

1

Pizza
Italian Mozzarella Melt
Turkey & Cheese Sandwich
Sunbutter & Jelly Sandwich

Corn
Celery Sticks
Applesauce

4

Chicken Patty Sandwich
Pizza
Turkey Ham & Cheddar
Sandwich
Sunbutter & Jelly Sandwich

Tater Tots
Baby Carrots
100% Fruit Juice

5

Hamburger
Pizza
Turkey & Cheese Sandwich
Sunbutter & Jelly Sandwich

Baked Beans
Baby Carrots
Applesauce

6

Chicken Nuggets
Soft Pretzel
Pizza
Ranch Chicken Wrap
Sunbutter & Jelly Sandwich

Green Beans
.Fresh Broccoli
100% Fruit Juice

7

Pizza
BBQ Riblet Sandwich
Chicken Ham & Cheese
Sandwich
Sunbutter & Jelly Sandwich

Tater Tots
Romaine Salad
100% Fruit Juice

8

Early Dismissal

No Lunch

11

Columbus Day

No School

12

Pizza
Chicken Patty Sandwich
Ranch Chicken Wrap
Sunbutter & Jelly Sandwich

Baked Beans
Baby Carrots
Applesauce

13

Hot Dog
Pizza
Turkey Ham & Cheddar
Sandwich
Sunbutter & Jelly Sandwich

Corn
Fresh Broccoli
Diced Peaches

14

Popcorn Chicken
W/Dinner Roll
Pizza
Turkey & Cheese Sandwich
Sunbutter & Jelly Sandwich

Tater Tots
Romaine Salad
100% Fruit Juice

15

Pizza
Corn Dog
Chicken Ham & Cheese
Sandwich
Sunbutter & Jelly Sandwich

Corn
Celery Sticks
Applesauce

18

Pizza Sticks
Hamburger
Turkey Ham & Cheddar
Sandwich
Sunbutter & Jelly Sandwich

Tater Tots
Baby Carrots
100% Fruit Juice

19

Pizza
Pasta W/Meat Sauce
Turkey & Cheese Sandwich
Sunbutter & Jelly Sandwich

Green Beans
.Fresh Broccoli
Diced Peaches

20

Pizza
Toasted Cheese Sandwich
Ranch Chicken Wrap
Sunbutter & Jelly Sandwich

Corn
Baby Carrots
Fresh Apple

21

Pizza
Meatball Sub
Turkey Ham & Cheddar
Sandwich
Sunbutter & Jelly Sandwich

Tater Tots
Romaine Salad
100% Fruit Juice

22

Pizza
Mac & Cheese
Turkey & Cheese Sandwich
Sunbutter & Jelly Sandwich

Corn
Celery Sticks
Applesauce

25

Pizza
Hamburger
Turkey Ham & Cheddar
Sandwich
Sunbutter & Jelly Sandwich

Tater Tots
Baby Carrots
100% Fruit Juice

26

Pizza
Pasta W/Meat Sauce
Ranch Chicken Wrap
Sunbutter & Jelly Sandwich

Green Beans
.Fresh Broccoli
Diced Peaches

27

French Toast Sticks
Chicken Sausage Patty
Pizza
Turkey & Cheese Sandwich
Sunbutter & Jelly Sandwich

Corn
Baby Carrots
Fresh Apple

28

Spicy Chicken Patty
Sandwich
Pizza
Turkey Ham & Cheddar
Sandwich
Sunbutter & Jelly Sandwich

Tater Tots
Romaine Salad
100% Fruit Juice

29

Early Dismissal

No Lunch

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