




October 2017

Jonata Middle School



Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST				
Paid = \$2.00 - Reduced = \$0.30				
Whole grain breakfasts, served with fruit, juice, and 1% or Fat-Free milk MUST take 2 items - MUST take AT LEAST 1/2 cup of Fruit - MAY take up to 2 different fruits - MAY take 1 Fat-Free or 1% milk				
Waffle Sticks Yogurt	Cereal Graham Crackers and String Cheese	Whole Grain Bagel Cream Cheese	Cereal Graham Crackers and Yogurt	Whole Grain Muffins String Cheese
LUNCH				
Paid = \$3.50 - Reduced = \$0.40				
We offer 5 components at lunch: Meat, Grain, Fruit, Vegetables, and Milk MUST take 3 components - 1 component MUST be AT LEAST 1/2 cup fruit OR 1/2 cup Vegetable - MAY take up to 2 different fruits - MAY take 1 Fat-Free or 1% milk				
10/2	10/3	10/4	10/5	10/6
Meatball Sub Baby Carrots Fresh Fruit	Salisbury Steak Sandwich Cucumber Slices Fresh Fruit	Southwest Chicken Salad Tortilla Chips & Pinto Bean Salsa Fresh Fruit	Hamburger or Cheeseburger Salad Fresh Fruit	Soft Beef Taco Corn Fresh Fruit
10/9	10/10	10/11	10/12	10/13
	Peanut Butter and Jelly Sandwich Cucumber Slices Fresh Fruit	Baked Chicken and Waffles Pinto Bean Salsa Fresh Fruit	Tostada Bowl (Pork) Salad Fresh Fruit	Nachos Corn Fresh Fruit
10/16	10/17	10/18	10/19	10/20
Meatball Sub Baby Carrots Fresh Fruit	Salisbury Steak Sandwich Cucumber Slices Fresh Fruit	Southwest Chicken Salad Tortilla Chips & Pinto Bean Salsa Fresh Fruit	Hamburger or Cheeseburger Salad Fresh Fruit	Soft Beef Taco Corn Fresh Fruit
10/23	10/24	10/25	10/26	10/27
Stuffed Crust Pizza Baby Carrots Fresh Fruit	Peanut Butter and Jelly Sandwich Cucumber Slices Fresh Fruit	Baked Chicken and Waffles Pinto Bean Salsa Fresh Fruit	Tostada Bowl (Pork) Salad Fresh Fruit	Chicken Tenders Dinner Roll and Tater Tots Fresh Fruit
10/30	10/31			
Meatball Sub Baby Carrots Fresh Fruit	Salisbury Steak Sandwich Cucumber Slices Fresh Fruit			

Menu is subject to change without notice. This institution is an equal opportunity provider.

Payments can be made in the Café or online at MySchoolBucks.com - Los pagos pueden hacerse en el Café o en línea en MySchoolBucks.com

Please pre-pay all meals - Por favor, pagar por adelantado todas las comidas