



FEBRUARY 2022

Jabish Brook Middle School

Breakfast offer with choice of 1% or fat free white milk. Lunch offered with choice of 1% or fat free white milk
Or fat free chocolate milk Lactaid milk available upon request
Milk with home lunch costs \$.50(fifty)

Breakfast and Lunch are Free

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast Café LUNCH 1
General Taos Chicken with Rice & Broccoli & fruit

Breakfast Café LUNCH 2
Turkey Pot Pie
With seasonal vegetables & fruit

Breakfast Café LUNCH 3
Burger Day:
Hamburger, Whole Grain roll, Lettuce, Tomato, Pickles, & Oven fries

Breakfast Café LUNCH 4
Chicken Patty
WG roll, Lettuce, Tomato, Pickles, chips

Breakfast Café LUNCH 7
Grilled Chicken Sandwich with pasta salad & fruit

Breakfast Café LUNCH 8
Pork Tamales with Beans & Rice
Fruit

Breakfast Café LUNCH 9
Cheese Lasagna
With garlic bread & salad
Fruit

Breakfast Café LUNCH 10
Munchie Basket
Mozzarella sticks, Chicken nuggets, Fries, seasonal veggies & fruit

Breakfast Café LUNCH 11
Fish & Chips
With Coleslaw, oven fries, tartar sauce & fruit

Breakfast Café LUNCH 14
Chicken Tenders
With Garlic Buttered Noodles, Seasonal veggies & fruit

Breakfast Café LUNCH 15
Burger Day:
Hamburger, Whole Grain roll, Lettuce, Tomato, Pickles, & Oven fries

Breakfast Café LUNCH 16
Pasta Bar
Choice of Marinara or Chicken Alfredo sauce, Veggies & garlic bread

Breakfast Café LUNCH 17
Ramen Bowl with Broth, Pork & Vegetables
Fruit

Breakfast Café LUNCH 18
Chicken Patty
WG roll, Lettuce, Tomato, Pickles, chips

No School 21
February
Recess

No School 22
February
Recess

No School 23
February
Recess

No School 24
February
Recess

No School 25
February
Recess

Breakfast Café LUNCH 28
Oriole Bowl
Popcorn Chicken, corn, mashed potato & gravy
Fruit



Menu is subject to change.

Grades 7-12 **FREE Breakfast Cafe** offers whole grain Cereals & Cereal Bars, Muffins, Bagels & Breads, Sweet Roll, Pop tarts, & assorted daily hot breakfasts, 100% fruit juice and white milk Grades 7-12 offer daily in school entrée alternative **Choices: Pizza Station, Deli Bar, and Garden Salad**