

JANUARY 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 \$5.50(fifty cents)

Breakfast and Lunch are Free

Monday	Tuesday	Wednesday	Thursday	Friday
No School 3	Breakfast Café LUNCH 4 Fish Tacos On a soft Corn tortilla with crunchy slaw & Pineapple salsa & Fruit	Breakfast Café LUNCH 5 Pasta Bar Choice of Marinara or Chicken Alfredo sauce, Caesar Salad & garlic bread	Breakfast Café LUNCH 6 Chicken Tenders with Butter Noodles & Mixed Vegetables, & Fruit	Breakfast Café LUNCH 7 Chicken Parm Grinder WG roll, with roasted broccoli, & Fruit,
Breakfast Café LUNCH 10 Herb Roasted Chicken, Rice Pilaf, Mix vegetables Fruit	Breakfast Café LUNCH 11 Taco Salad Salsa, sour cream, shredded cheese & Garlicky black beans Fruit	Breakfast Café LUNCH 12 Asian Sesame Noodles with Teriyaki chicken & mix veggies & fortune cookie	Breakfast Cafe LUNCH 13 Munchie Basket Mozzarella sticks, Chicken nuggets, Fries, seasonal veggies & fruit	Breakfast Café LUNCH 14 Burger Day: Hamburger, Whole Grain roll, Lettuce, Tomato, Pickles & Oven fries
No School 17 Martin Luther King Day Observed	Breakfast Café LUNCH 18 Sloppy Joe Served on a WG bun, baked bean, Veggie sticks & Fruit	Breakfast Café LUNCH 19 Buffalo Chicken Mac & Cheese Seasonal Veggies & Fruit Fruit	Breakfast Café LUNCH 20 Oriole Bowl Popcorn Chicken, corn, mashed potato & gravy Fruit	Breakfast Café LUNCH 21 Fish & Chips With Coleslaw, Tartar Sauce & Fruit
Breakfast Café LUNCH 24 Hot Dog With Baked Beans, oven fries & fruit	Breakfast Café LUNCH 25 Chili & Corn Bread With cheese & Sour cream, salsa, veggie sticks & fruit	Breakfast Café LUNCH 26 Cheese Lasagna With Garlic bread & Mixed veggies Fruit	Breakfast Café LUNCH 27 Baked Potato Bar Cheese & Sour cream, broccoli & Bacon Bits & fruit	Breakfast Café LUNCH 28 Chicken Patty WG roll, Lettuce, Tomato, Pickles & Potato Salad
Breakfast Cafe LUNCH 31 Chicken Bacon Ranch Whole grain bun, Ranch pasta salad 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