






SJA Lunch Menu October 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken & Waffles Country Fried Potatoes Green Beans Fruit Deli Delight: Turkey & Cheese Sandwich	2 Hamburger Waffle Fries Baked Beans	3 Baked Chicken Buttered Noodles Carrots Dinner Roll Deli Delight: Roast Beef Sandwich	4 Pizza French Fries Fruit Deli Delight: Meatball Sub
7 Professional Day  No School	8 Pork Chops Rice Pilaf Peas Dinner Roll Deli Delight: Turkey & Cheese Sandwich	9 Cold Cut Sub Potato Salad Cole Slaw	10 Cheese & Meat Quesadilla Rice Butterbeans Deli Delight: Roast Beef Sandwich	11 Pizza French Fries Fruit Deli Delight: Meatball Sub
14 Lasagna Green Beans Garlic Toast Deli Delight: Ham & Cheese Sandwich	15 Chicken & Dumplings Broccoli Dinner Roll Deli Delight: Turkey & Cheese Sandwich	16 Chicken Patty Curly Fries Corn on the Cob	17 Pancakes w/Syrup Sausage Baked Apples Deli Delight: Roast Beef Sandwich	18 Pizza French Fries Fruit Deli Delight: Meatball Sub
21 Beefy Mac Peas Garlic Toast Deli Delight: Ham & Cheese Sandwich	22 Tacos Corn Deli Delight: Turkey & Cheese Sandwich	23 Hot Dog Waffle Fries Cole Slaw	24 Fried Shrimp Potatoes Au Gratin Stewed Tomatoes Hush Puppies Deli Delight: Roast Beef Sandwich	25 Pizza French Fries Fruit Deli Delight: Meatball Sub
28 Pasta w/Meat Sauce Carrots Garlic Bread Deli Delight: Ham & Cheese Sandwich	29 Pot Roast Fruit Dinner Roll Deli Delight: Turkey & Cheese Sandwich	30 Cheese Steak Curley Fries Carrots	31 Chicken Noodle Soup Grilled Cheese Fruit Deli Delight: Roast Beef Sandwich	



Lunch (Entrée, 1 Starch, 1 Vegetable, 1 Fruit) 1 Milk or Juice Box: \$ 3.75
Salads: Chef- \$ 3.50
Tossed - \$ 2.00
(Salads must be preordered)
Alternate Lunches:
Grilled Cheese w/Chips, 1 Vegetable, 1 Fruit, Milk or Juice Box - \$ 3.75

