



MCGREGOR JUNIOR HIGH LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
5 S - CORN DOG S - STEAK FINGERS G - WHOLE GRAIN ROLL S - CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G-CARROT COINS G - SEAS, GREEN BEANS G - CHILLED PEARS G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	4 S - BBQ ON BUN S-CHICKEN NUGGETS G - WHOLE GRAIN ROLL S - CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G - SEAS, GREEN BEANS G-MASHED POTATOES G - WIK CORN G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	5 S - FRITO PIE S - CORNBREAD S - STEAK FINGERS S - CHEESE PIZZA S-PEPPERONI PIZZA WEDGE REFRIED BEANS G-ROMAINE/SPINACH SALAD G-MASHED POTATOES G - PINEAPPLE TIDBITS G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	6 S - SPAGHETTI W MEAT S-CHICKEN NUGGETS G - WHOLE GRAIN ROLL S - CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G - WIK CORN G - SEAS, PINTO BEANS G - STEAMED BROCCOLI G-CHILLED APPLESAUCE G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	7 S - CHEESEBURGER S - FISH FINGERS G - SALTINE CRACKERS S - CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G - LETTUCE & TOMATO S - POTATO ROUNDS G-CARROT STICKS G - CHILL FRUIT COCKTAIL G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF
10 S - HOAGIE SANDWICH S - BBQ CHICKEN G - WHOLE GRAIN ROLL S - CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G-CARROT STICKS G- QUICK BAKED POTATOES G - SEAS, GREEN BEANS G - CHILLED PEARS G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	11 S - CHICKEN SPAGHETTI S-CHICKEN NUGGETS S - CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G - WHOLE GRAIN ROLL G-ROMAINE/SPINACH SALAD G - WIK CORN G - SEAS, GREEN BEANS G-MASHED POTATOES G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	12 S - BEEF ENCHILIDAS S - STEAK FINGERS G - SALTINE CRACKERS S - CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD REFRIED BEANS G-MASHED POTATOES G-CELERY STICKS G - PINEAPPLE TIDBITS G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	13 CHICKEN FAJITAS SPANISH RICE S-CHICKEN NUGGETS G - WHOLE GRAIN ROLL S - CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G - STEAMED BROCCOLI G - SEAS, GREEN BEANS G-MASHED POTATOES G-CHILLED APPLESAUCE G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF	14 STUDENT HOLIDAY
17 S - CHICKEN ON BUN S - STEAK FINGERS G - WHOLE GRAIN ROLL S-PEPPERONI PIZZA WEDGE S - CHEESE PIZZA G - BAKED BEANS S-POTATOES AU GRATIN G-ROMAINE/SPINACH SALAD G - CHILLED PEARS G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	18 S - CHICKEN, BARBECUED S-CHICKEN NUGGETS G - WHOLE GRAIN ROLL S - CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G - STEAMED BROCCOLI G - CARROT COINS G-MASHED POTATOES G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	19 S-BEEF TACO S - STEAK FINGERS G - WHOLE GRAIN ROLL S - CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G - WIK CORN G - SEAS, PINTO BEANS G-ROMAINE/SPINACH SALAD G - PINEAPPLE TIDBITS G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	20 S - CHICKEN FRIED STEAK S-CHICKEN NUGGETS G - WHOLE GRAIN ROLL S - CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G-MASHED POTATOES G - SEAS, GREEN BEANS G-CARROT STICKS G-CHILLED APPLESAUCE G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	21 S - CHEESEBURGER S - FISH FINGERS G - GRAHAM CRACKERS 3 CT S - CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD S - POTATO ROUNDS G - LETTUCE & TOMATO G-CELERY STICKS G - CHILL FRUIT COCKTAIL G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF
24 S - CORN DOG S - STEAK FINGERS G - WHOLE GRAIN ROLL S - CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G-CARROT COINS G - SEAS, GREEN BEANS G - CHILLED PEARS G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	25 S - BBQ ON BUN S-CHICKEN NUGGETS G - WHOLE GRAIN ROLL S - CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G - SEAS, GREEN BEANS G-MASHED POTATOES G - WIK CORN G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	26 S - FRITO PIE S - CORNBREAD S - STEAK FINGERS S - CHEESE PIZZA S-PEPPERONI PIZZA WEDGE REFRIED BEANS G-ROMAINE/SPINACH SALAD G-MASHED POTATOES G - PINEAPPLE TIDBITS G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	27 S - SPAGHETTI W MEAT S-CHICKEN NUGGETS G - WHOLE GRAIN ROLL S - CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G - WIK CORN G - SEAS, PINTO BEANS G - STEAMED BROCCOLI G-CHILLED APPLESAUCE G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	28 S - CHEESEBURGER S - FISH FINGERS G - SALTINE CRACKERS S - CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G - LETTUCE & TOMATO S - POTATO ROUNDS G-CARROT STICKS G - CHILL FRUIT COCKTAIL G-APPLE RED DELICIOUS G-APPLE G RANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.) should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (http://www.oio.usda.gov/sites/default/files/docs/2012/Complain_combined_6_8_12.pdf), (AD-3027) found online at http://www.as.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email:

program.intake@usda.gov <<mailto:program.intake@usda.gov>>. This institution is an equal opportunity provider. _