



## MCGREGOR JUNIOR HIGH LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 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 GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	3 S - CHICKEN SPAGHETTI S-CHICKEN NUGGETS S - CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G - WHOLE GRAIN ROLL G-ROMAINE/SPINACH SALAD G - W/K CORN G - SEAS. GREEN BEANS G-MASHED POTATOES G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	4 S - BEEF ENCHILIDAS S - STEAK FINGERS Crackers W/G 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 GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	5 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 GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF	6 S - CHEESEBURGER S - FISH FINGERS G - GRAHAM CRACKERS 3 CT S - CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G-CELERY STICKS G - LETTUCE & TOMATO S - POTATO ROUNDS G - CHILL FRUIT COCKTAIL G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF
STUDENT HOLIDAY				
16 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 GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	17 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 - W/K CORN G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF	18 S - FRITO PIE S - CORNBREAD S - STEAK FINGERS S - CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G-MASHED POTATOES G - PINEAPPLE TIDBITS G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	19 S - SPAGHETTI W MEAT S-CHICKEN NUGGETS G - WHOLE GRAIN ROLL S - CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G - W/K CORN G - SEAS. PINTO BEANS G - STEAMED BROCCOLI G-CHILLED APPLESAUCE G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF	20 S - CHEESEBURGER S - FISH FINGERS Crackers W/G 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 GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF
23 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 GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	24 S - CHICKEN SPAGHETTI S-CHICKEN NUGGETS S - CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G - WHOLE GRAIN ROLL G-ROMAINE/SPINACH SALAD G - W/K CORN G - SEAS. GREEN BEANS G-MASHED POTATOES G - CHILL SLICED PEACHES G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	25 S - BEEF ENCHILIDAS S - STEAK FINGERS Crackers W/G 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 GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	26 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 GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF	27 S - CHEESEBURGER S - FISH FINGERS G - GRAHAM CRACKERS 3 CT S - CHEESE PIZZA S-PEPPERONI PIZZA WEDGE G-ROMAINE/SPINACH SALAD G-CELERY STICKS G - LETTUCE & TOMATO S - POTATO ROUNDS G - CHILL FRUIT COCKTAIL G-APPLE RED DELICIOUS G-APPLE GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF
30 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 GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE FF G-MILK STRAWBERRY FF	31 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 GRANNY SMITH G-ORANGE G-BANANA G-MILK WHITE 1% G-MILK CHOCOLATE 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 apply 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 <a href="http://www.oio.usda.gov/sites/default/files/docs/2012/Complain_combin.ed_6_8_12.pdf">http://www.oio.usda.gov/sites/default/files/docs/2012/Complain_combin.ed_6_8_12.pdf</a> , (AD-3027) found online at <a href="http://www.as.usda.gov/complaint_filing_cust.html">http://www.as.usda.gov/complaint_filing_cust.html</a> , 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: <a href="mailto:program.intake@usda.gov">program.intake@usda.gov</a> or <a href="mailto:program.intake@usda.gov">mailto:program.intake@usda.gov</a> . This institution is an equal		