

# Auburn Junior High Menu

# SEPTEMBER 2014

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

NO SCHOOL

2

**French Toast Sticks**

Cheese Pizza  
Chicken and Noodles  
Marinated Vegetable Salad  
Carrots  
Kiwi  
Applesauce

3

**Breakfast Wrap**

Ravioli/Roll  
Cheese Quesadilla  
Mixed Greens Salad  
Mixed Vegetables  
Watermelon  
Peaches

4

**Muffin**

Chicken Strips  
Philly Cheesesteak Wrap  
Carrot/Celery Sticks  
French Fries  
Apple Slices  
Pears

5

**Tornado**

Fish Sandwich  
Horseshoe  
Red Pepper Strips  
Green Beans  
Banana  
Pineapple  
Chocolate Chip Cookie

8

**Fruit/Yogurt Parfait**

Chicken Nuggets  
Corn Dog  
Macaroni and Cheese  
Mixed Greens Salad  
Baked Beans  
Grapes  
Mandarin Oranges

9

**Breakfast Bagel**

Veggie Pizza  
Beef and Noodles  
Carrot/Celery Sticks  
Peas  
Orange Slices  
Apricots

10

**Breakfast Wrap**

Spaghetti/Roll  
Chicken Patty on Bun  
Salad With Cucumbers  
Carrots  
Cantaloupe  
Mixed Fruit

11

**Pancakes**

Soft Taco  
Sliced Turkey  
Broccoli  
Mashed Potatoes  
Kiwi  
Pineapple  
Oatmeal Cookie

12

**Omelet/Hashbrowns**

Turkey Deli Wrap  
BBQ Chicken on Bun  
Green Pepper Strips  
Corn  
Watermelon  
Pears

15

**Waffles**

BBQ Chicken Wings  
Grilled Cheese Sandwich  
Salad With Cucumbers  
Mixed Vegetables  
Apple Slices  
Peaches

16

**French Toast Sticks**

Pizza Sticks  
Pork Tenderloin On Bun  
Marinated Vegetable Salad  
Carrots  
Banana  
Applesauce

17

**Breakfast Wrap**

Lasagna/Roll  
Cheese Quesadilla  
Mixed Greens Salad  
Corn  
Grapes  
Apricots

18

**Muffin**

Hot Ham and Cheese  
Meatloaf  
Celery Sticks  
Mashed Potatoes  
Orange Slices  
Mixed Fruit

19

**Tornado**

Grilled Chicken  
Chili/Crackers  
Rice  
Peppers/Tomatoes  
Oven Brown Potatoes  
Cantaloupe  
Mandarin Oranges  
Triple Berry Buckle

22

**Fruit/Yogurt Parfait**

BBQ Pork Rib on Bun  
Cheesy Bread  
Mixed Greens Salad  
Sweet Potato Fries  
Kiwi  
Pears

23

**Breakfast Bagel**

Hamburger on Bun  
Chicken Fajitas  
Carrot Sticks  
Green Beans  
Watermelon  
Pineapple

24

**Breakfast Wrap**

Nachos Grandes  
BBQ Pork on Bun  
Mexican Bean Dip  
Corn  
Apple Slices  
Peaches

25

**Pancakes**

Chicken Bacon Flatbread  
Sloppy Joe  
Salad With Cucumbers  
Tator Tots  
Banana  
Applesauce  
Pumpkin Bar

26

MANAGER'S CHOICE

29

**Waffles**

Chicken Strips  
Philly Cheesesteak Wrap  
Broccoli  
French Fries  
Grapes  
Apricots  
Brownie

30

**French Toast Sticks**

Cheese Pizza  
Chicken and Noodles  
Marinated Vegetable Salad  
Mixed Vegetables  
Orange Slices  
Mixed Fruit

DID YOU KNOW?

The average classroom pencil can write about 45,000 words!

Breakfast items available on a daily basis include cold cereal, nonfat milk (flavored or unflavored) or 1% milk (unflavored), toast, fruit and juice. Nonfat milk (flavored or unflavored) or 1% (unflavored) is available daily at lunch

Salad bar is available daily which includes condiments such as taco sauce, catsup, barbeque sauce, shredded lettuce, diced tomatoes, low fat salad dressings, cucumbers, shredded cheese, whole grain crackers. Salad bar menu may vary on a daily basis depending on the menu.