

# McDowell Junior High School 2021-22 Menu

MENU #1	MONDAY	Hot Dog on Bun Chili Soup/Crackers Slush Orange Milk	TUESDAY	Oven Baked Chicken Leg Mashed Potatoes/Gravy Green Beans Roll Pears Milk	WEDNESDAY	Walking Taco Lettuce & Salsa Cup Corn Grapes Apple Milk	THURSDAY	Cheese Burger Deluxe Baked Beans French Fries Fruit Milk	FRIDAY	Pizza Day Tossed Salad/Dressing Carrots w/Dip Raisins Milk
	MONDAY	BBQ Pulled Pork on Bun French Fries Baked Beans Strawberry Cup Milk	TUESDAY	Quesadilla w/Salsa Corn Peaches Milk	WEDNESDAY	Chicken & Waffles Maple Syrup Potato Wedges Fruit Juice Milk	THURSDAY	Rotini Texas Toast Tossed Salad w/Dressing California Blend Orange Milk	FRIDAY	Pizza Sticks Marinara Cup Green Beans Mixed Fruit Cookie Milk
	MONDAY	Orange Glazed Chicken Rice Steamed Broccoli Corn Pineapple Milk	TUESDAY	Breakfast Sandwich on Pretzel Bun Potato Rounds Carrots w/Dip Strawberry Cup Milk	WEDNESDAY	Chicken Nuggets w/Dipping Sauce/Roll Baked Beans Corn Banana Milk	THURSDAY	Corn Dog on a Stick Green Beans Slush Fresh Fruit Milk	FRIDAY	Pizza Tossed Salad w/Dressing Gold Rush Juice Apple Milk
	MONDAY	Chicken Patty on Bun Sliced Tomato French Fries Baked Beans Fresh Fruit Milk	TUESDAY	French Toast w/Maple Syrup Sausage Patty Potato Rounds Carrots w/Dip Juice Cup Snack Cracker/Milk	WEDNESDAY	Lasagna Tossed Salad w/Dressing Texas Toast Corn Fruit Slush Milk	THURSDAY	Beef Cheese Soft Taco Lettuce & Salsa Green Beans Peaches Milk	FRIDAY	Bacon Cheese Burger on Bun Potato Wedges Broccoli Applesauce Fresh Fruit/Milk
	MONDAY	Chicken Strips w/Dipping Sauce Macaroni & Cheese Green Beans Pears Milk	TUESDAY	Mini Pancakes w/Maple Syrup Sausage Patty Potato Rounds Carrots w/Dip Fruit Juice/Milk	WEDNESDAY	Large Salad w/Grilled Chicken & Cheese Salad Dressing & Croutons Warm Apple Cinnamon Bread Raisins/Milk	THURSDAY	Grilled Cheese Sandwich Tomato Soup w/Crackers Mixed Veggies Banana Milk	FRIDAY	Pizza Sticks w/Marinara Steamed Broccoli Corn Grapes Snack Cracker Milk

BREAKFAST MENU	
MON	Muffin Cheese Stick Fruit Juice/Milk
TUES	Donuts Raisins Juice/Milk
WED	Peanut Butter Sandwich Apple Juice/Milk
THURS	Yogurt Crackers Fruit Juice/Milk
FRI	Breakfast Bar String Cheese Juice Fruit /Milk



**BREAKFAST AND LUNCH IS FREE FOR ALL STUDENTS**

**Holiday Meal Dates:**  
November 17 - Sliced Turkey Dinner  
December 15 - Chicken & Noodles  
April 13 - Chicken & Noodles

Breakfast is served daily in cafeteria after morning bus departure.



**Menu is subject to change.**

**Follow the menu with its calendar day. Each week is represented by a color and represents a 5-week cycle menu.**

This institution is an equal opportunity provider.

AUGUST 2021	SEPTEMBER 2021	OCTOBER 2021	NOVEMBER 2021	DECEMBER 2021	JANUARY 2022	FEBRUARY 2022	MARCH 2022	APRIL 2022	MAY 2022
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5 6 7	1 2 3 4	1 2	1 2 3 4 5 6	1 2 3 4	2 3 4 5 6 7 8	1 2 3 4 5	1 2 3 4 5	1 2	1 2 3 4 5 6 7
8 9 10 11 12 13 14	5 6 7 8 9 10 11	3 4 5 6 7 8 9	7 8 9 10 11 12 13	5 6 7 8 9 10 11	9 10 11 12 13 14 15	6 7 8 9 10 11 12	6 7 8 9 10 11 12	3 4 5 6 7 8 9	8 9 10 11 12 13 14
15 16 17 18 19 20 21	12 13 14 15 16 17 18	10 11 12 13 14 15 16	14 15 16 17 18 19 20	12 13 14 15 16 17 18	16 17 18 19 20 21 22	13 14 15 16 17 18 19	13 14 15 16 17 18 19	10 11 12 13 14 15 16	15 16 17 18 19 20 21
22 23 24 25 26 27 28	19 20 21 22 23 24 25	17 18 19 20 21 22 23	21 22 23 24 25 26 27	19 20 21 22 23 24 25	23 24 25 26 27 28 29	20 21 22 23 24 25 26	20 21 22 23 24 25 26	17 18 19 20 21 22 23	22 23 24 25 26 27 28
29 30 31	26 27 28 29 30	31 25 26 27 28 29 30	28 29 30	26 27 28 29 30 31	30 31	27 28	27 28 29 30 31	24 25 26 27 28 29 30	29 30 31