

Lunch Menus for August 25, 2014 Thru December 19, 2014

Alice Johnson Jr. High School
And
Anthony Aguirre Jr. High School

AVAILABLE WEEKLY

Monday: Pizza 2G & 2 oz M/MA (Cal./300)

Tuesday: Nachos w/Cheese & Jalapeños = 1.50 G
& 2 oz M/MA (Cal./421)

Wednesday: Grilled Cheese Sandwich
w/Vegetable Soup = 2G & 2 oz M/MA (Cal./287)

Thursday: Bean & Cheese Burrito
=2G & 2 oz M/MA (Cal./297)

Friday: Spicy Chicken Pattie on a Bun = 2.75G
& 2 oz M/MA (Cal./320)

AVAILABLE DAILY

**Breakfast: Milk, Cereal,
Pop Tart, Yogurt & Grahams, Fruit
& Juice**

*A Fruit or Juice is Required with
All Breakfast Trays*

Lunch: Milk, Fruit & Vegetables
*A Fruit Or Vegetable is Required with
All Lunch Trays*

*Menus are subject to change
based on supply.*

This institution is an equal opportunity provider.

Featured Specials of the Day

Week 1:

Aug. 25– Aug. 29, Sept 15– Sept 19, Oct 6-Oct 10,
Oct 27-Oct 31, Nov 17-Nov 21, Dec 15-Dec 19

Lunch	Weekly/Daily Requirements	Menu Totals
Fruits	2½ (½)	2½
M/MA	9-10 (1oz)	10.75
Vegetables	3 ¾ (¾)	5
Grains	8-10 (1oz)	10

Monday

Chicken Tenders w/Toast Triangle = 1.50 G & 2 oz M/MA (Cal./220)
Tater Tots (½ c Starch)
Peas & Carrots (¼ c Other Veg. & ¼ c R/O)
Fruit

Tuesday

Egg Roll (1G) w/Pork Fried Rice(1G) = 2 G & 2 oz M/MA(Cal./344)
Broccoli w/Cheese (½ c D/G)
Carrots (½ c R/O)
Fruit

Wednesday

Enchiladas (2G) w/Spanish Rice(.50G) = 2.50 G & 2 oz M/MA (Call./300)
Mexicali Corn (½ c Other Veg.)
Shredded Spinach Salad (¼ c D/G & ¼ c R/O)
Fruit

Thursday

Oven Fried Chicken w/2 oz Wheat Roll = 2 G & 2 oz M/MA (Cal./330)
Mashed Potatoes w/Gravy (½ c Other Veg.)
Pinto Beans (½ c Legumes)
Fruit

Friday

Hamburger on a Wheat Bun (1.50G) = 2 G & 2 oz M/MA (Cal./334)
Macaroni & Cheese (.50G)
Potato Wedges (½ c Other Veg.)
Burger Salad (¼ c D/G & ¼ c R/O)
Fruit

Breakfast Calories: 400-550
Lunch Calories: 600-700

Lunch Vegetable Requirements

	Weekly Requirements	Menu Total
D/G	½ c	1 c
R/O	¾ c	1 ¼ c
Legumes	½ c	½ c
Starch	½ c	½ c
Other Veg.	1 c	1 ¾ c

Breakfast Menu: Week 1

Monday: WG Waffle w/Syrup (1G) (Cal./70)

Tuesday: Cinnamon Roll (2G) (Cal./220)

Wednesday: Mini Pancakes w/Cheesy Eggs (3G) (Cal./231)

Thursday: Breakfast Pastry (2G) (Cal./240)

Friday: Breakfast Pizza (2.50G) (Cal./210)

Menu Total: 10.50 G

Breakfast Grain Requirements: 8-10 Ser. Weekly

Holiday Feast: November 19, 2013

Sliced Turkey OR Sliced Ham
Mashed Potatoes w/Gravy
Cornbread Dressing
Green Beans, 2oz Hot Wheat Roll
Fresh Fruit Salad with Whipped Topping
Cranberry Sauce

Lunch Menus for:

**Alice Johnson Jr. High
And
Anthony Aguirre Jr. High**



AVAILABLE WEEKLY

Monday: Pizza = 2G & 2 M/MA (Cal./300)

**Tuesday: Nachos w/Cheese & Jalapeños
= 1.50 G & 2 oz M/MA (Cal./421)**

**Wednesday: Grilled Cheese Sandwich
w/ Vegetable Soup = 2 G & 2 oz M/MA (Cal./287)**

**Thursday: Bean & Cheese Burrito =
2 G & 2 M/MA (Cal./297)**

**Friday: Spicy Chicken Pattie on a Bun = 2.75 G
& 2 oz M/MA (Cal./320)**

Menus are subject to change
based on supply

AVAILABLE DAILY

**Breakfast: Milk, Cereal, Pop Tart,
Yogurt & Grahams, Fruit and Juice**

*A Fruit or Juice is Required with
All Breakfast Trays*

Lunch: Milk, Fruit & Vegetables

*A Fruit Or Vegetable is Required with
All Lunch Trays*

This institution is an equal opportunity provider.

Featured Specials of the Day

Week 2:

Sept 1– Sept 5, Sept 22– Sept 26, Oct 13– Oct 17,
Nov 3– Nov 7, Dec 1– Dec 5

	Weekly/Daily Requirements	Menu Totals
Fruits	2½ (½)	2½
M/MA	9-10 (1oz)	10
Vegetables	3 ¾ (¾)	5
Grains	8-10 (1oz)	9.75

Monday

Tangerine Chicken W/ Fried Rice = 1.50 G & 2 oz M/MA (Cal./374)
Broccoli w/Cheese (½ c D/G)
Carrots (½ c R/O)
Fruit

Tuesday

Hamburger on a Wheat Bun = 1.50 G & 2 oz M/MA (Cal./260)
Oven Fries (½ c Starch)
Burger Salad (¼ c D/G & ¼ c R/O)
Fruit

Wednesday

Hot Dog w/Corn Chips = 2 G & 2 oz M/MA (Cal./390)
Vegetable Soup (½ c Other Veg.)
Corn (½ c Other Veg.)
Fruit

Thursday

Spicy Chicken Rings w/2 oz Wheat Roll = 2.75 G & 2 oz M/MA (Cal./340)
Mashed Potatoes w/Gravy (½ c Other Veg.)
Refried Beans (½ c Legumes)
Fruit

Friday

Spaghetti w/Meat Sauce w/Wheat Roll = 2 G & 2 oz M/MA (Cal./330)
Green Beans (½ c Other Veg.)
Shredded Spinach Salad (¼ c R/O & ¼ c D/G)
Fruit

Breakfast Calories: 400-550
Lunch Calories: 600-700

Vegetable Requirements

	Weekly Requirements	Menu Total
D/G	½ c	1 c
R/O	¾ c	1 c
Legumes	½ c	½ c
Starch	½ c	½ c
Other Veg.	1 c	2 c

Breakfast Menu: Week 2

Monday: WG Waffle w/Syrup (1G) (Cal./70)

Tuesday: Cinnamon Roll (2G) (Cal./220)

Wednesday: Mini Pancakes w/Cheesy Eggs (3G) (Cal./213)

Thursday: Breakfast Pastry(2G) (Cal./240)

Friday: Breakfast Pizza (2.50G) (Cal./210)

Menu Total: 10.50G

Breakfast Grain Requirements: 8-10 Ser. Weekly



Featured Specials of the Day

Week 3:

**Sept 8-Sept 12, Sept 29-Oct 3, Oct 20– Oct 24
Nov 10– Nov 14, Dec 8– Dec 12**

Lunch	Weekly/Daily Requirements	Menu Totals
Fruits	2½ (½)	2½
M/MA	9-10 (1oz)	10.50
Vegetables	3 ¾ (¾)	5
Grains	8-10 (1oz)	10.50

Monday

Lasagna (.75) w/Wheat Roll (1 G) = 1.75 G & 2 oz M/MA (Cal./269)
Broccoli w/Cheese (½ c D/G)
Corn (½ c Starch)
Fruit

Tuesday

Steak Fingers w/Gravy & a Wheat Roll = 2.25 G & 2 oz M/MA (Cal./357)
Sweet Potato Fries (½ c R/O)
Tossed Salad (¼ c D/G & ¼ c R/O)
Fruit

Wednesday

Cheeseburger = 2 G & 2.50 oz M/MA (Cal./313)
Charra Beans (½ c Legumes)
Burger Salad (¼ c D/G & ¼ c R/O)
Fruit

Thursday

Bar B Que Wedges w/Cheese and Garlic Toast (1 G) = 2 G & 2 oz M/MA (Cal./339)
Green Beans (½ c Other Veg.)
Tossed Salad (¼ c D/G & ¼ c R/O)
Fruit

Friday

Fish Strips 1.50 G = 2G & 2 oz M/MA (Cal./264)
Macaroni & Cheese (.50G)
Oven Fries (½ c Other Veg.)
Carrots (½ c R/O)
Fruit

Breakfast Calories: 400-550
Lunch Calories: 600-700

Lunch Vegetable Requirements		
	Weekly Requirements	Menu Total
D/G	½ c	1 ¼ c
R/O	¾ c	1 ¾ c
Legumes	½ c	½ c
Starch	½ c	½ c
Other Veg.	1 c	1 c

Breakfast Menu: Week 3

Monday: WG Waffle w/Syrup (1G) (Cal./70)
Tuesday: Cinnamon Roll (2G) (Cal./220)
Wednesday: Mini Pancakes w/Cheesy Eggs (3G) (Cal./231)
Thursday: Breakfast Pastry(2 G) (Cal./240)
Friday: Breakfast Pizza (2.50G) (Cal./210)

Menu Total: 10.50 G

Breakfast Grain Requirements: 8-10 Ser. Weekly

Alice Johnson Jr. High School &
Anthony Aguirre Jr. High School

New Prices on Paid Lunches **6th-12th—\$2.00**

AVAILABLE WEEKLY

Monday: Pizza 2G & 2 oz M/MA (Cal./300)

Tuesday: Nachos w/Cheese & Jalapeños = 1.50 G & 2 oz M/MA (Cal./421)

Wednesday: Grilled Cheese Sandwich w/Vegetable Soup = 2 G & 2 oz M/MA (Cal./287)

Thursday: Bean & Cheese Burrito 2 G & 2 oz M/MA (Cal./297)

Friday: Spicy Chicken Pattie on a Bun = 2.75 G & 2 oz M/MA (Cal./320)

Sack Lunch Days:

Early Dismissal: Oct 24, 2014,
Dec 19, 2014

Holidays-No School:

Labor Day– Sept. 1, 2014

Thanksgiving Holiday– Nov. 24– Nov 28

Holiday Break: Dec. 22– Jan 5 2015

Staff Development: Sept. 22

Oct. 13, Jan 5

Jan 6

"Available Daily"

Breakfast: Milk, Cereal, Pop Tart, Yogurt & Grahams, Fruit and Juice

A Fruit or Juice is Required with All Breakfast Trays

Lunch: Milk, Fruit & Vegetables
A Fruit Or Vegetable is Required with All Lunch Trays

Menus are subject to change based on supply.