



JWR LUNCH MENU

FALL 2023 SEMESTER

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Entrée	Regular Chicken Sandwich on WG Bun	Nachos Grande with Tostitos	Mozzarella Sticks with Marinara Sauce	Orange Chicken Rice Bowl	Cheese or Pepperoni Pizza Slice
	Vegetables	Fresh Veggie Tray with Dip Green Beans	Fresh Veggie Tray with Dip Refried Beans with Cheese	Fresh Veggie Tray with Dip Baked Beans	Fresh Veggie Tray with Dip Broccoli	Fresh Veggie Tray with Dip Corn
Week 2	Entrée	Regular Chicken Tenders with WG Dinner Roll	Bean & Cheese Burrito	Hamburger or Cheeseburger on WG Bun	Popcorn Chicken Bowl with WG Dinner Roll	Cheese or Pepperoni 5" Pizza Round
	Vegetables	Fresh Veggie Tray with Dip Green Beans	Fresh Veggie Tray with Dip Refried Beans with Cheese	Fresh Veggie Tray with Dip Baked Beans	Fresh Veggie Tray with Dip Broccoli	Fresh Veggie Tray with Dip Corn
WG = whole grain		Fruit and Low Fat/ Skim Milk offered daily		Additional entrée option of PBJ Uncrustable (5.3 oz) offered each day		Students must take a fruit or vegetable to be considered a reimbursable meal

AUG 2023					SEPT 2023					OCT 2023					NOV 2023					DEC 2023				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
31	1	2	3	4					1	2	3	4	5	6			1	2	3					1
7	8	9	10	11	4	5	6	7	8	9	10	11	12	13	6	7	8	9	10	4	5	6	7	8
14	15	16	17	18	11	12	13	14	15	16	17	18	19	20	13	14	15	16	17	11	12	13	14	15
21	22	23	24	25	18	19	20	21	22	23	24	25	26	27	20	21	22	23	24	18	19	20	21	22
28	29	30	31		25	26	27	28	29	30	31				27	28	29	30		25	26	27	28	29

July 26-28 will start on **Week 1 Lunch**

Menus subject to change.
This institution is an equal opportunity provider.



JWR BREAKFAST MENU

FALL 2023 SEMESTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly Menu	UBR Bar	WG Pop Tart (2 ct)	WG Sweet Roll	Otis Spunkmeyer WG Muffin (4 oz)	WG Breakfast Bar (Dunkin' Sticks)
	WG = whole grain	Fruit, Juice, & Low Fat/Skim Milk offered daily		Students must take a fruit to be considered a reimbursable meal	

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