



PAY FOR MEALS ONLINE  
MySchoolBucks.com

# NOVEMBER 2021

Jabish Brook Middle School

Breakfast & Lunch are FREE for ALL STUDENTS ALL YEAR

Breakfast offer with choice of 1% or fat free white milk.  
Lunch offered with choice of 1% or fat free white milk or fat free chocolate milk  
Lactaid milk available upon request  
Milk with home lunch costs \$.50(fifty cents)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast Café LUNCH 1</b> Herb Roasted Chicken, Rice Pilaf, Mix vegetables Fruit	<b>No School 2</b> Professional Development day	<b>Breakfast Café LUNCH 3</b> <b>Pasta Bar</b> Choice of Marinara or Chicken Alfredo sauce, Caesar Salad & garlic knots	<b>Breakfast Café LUNCH 4</b> Mozzarella Sticks with Marinara Caesar salad & Fruit	<b>Breakfast Café LUNCH 5</b> <b>Meatball Grinder</b> , on a WG roll Cheese, garden salad, & Fruit
<b>Breakfast Café LUNCH 8</b> <b>Oriole Bowl</b> Popcorn Chicken, corn, mashed potato & gravy Fruit	<b>Breakfast Café LUNCH 9</b> <b>Chicken Taco Salad</b> Salsa, sour cream, shredded cheese & Garlicky black beans Fruit	<b>Breakfast Café LUNCH 10</b> <b>Chicken tenders</b> Macaroni salad & mixed veggies & Fruit	<b>No School 11</b> Veteran's Day Observed	<b>Breakfast Café LUNCH 12</b> <b>Burger Day:</b> Hamburger, Whole Grain roll, Lettuce, Tomato, Pickles, potato chips
<b>Breakfast Café LUNCH 15</b> <b>Munchie Basket</b> Mozzarella sticks, Chicken nuggets, Fries, seasonal veggies & fruit	<b>Breakfast Café LUNCH 16</b> <b>Grilled Cheese &amp; Tomato Soup</b> With baby carrots and Fruit	<b>Breakfast Café LUNCH 17</b> <b>Turkey Dinner</b> Served with mashed potatoes, gravy, stuffing, Seasonal Vegetables Cinnamon Apple Crisp	<b>Breakfast Café LUNCH 18</b> <b>Chicken Parmesan</b> Served with Pasta and garden salad, Fruit	<b>Breakfast Café LUNCH 19</b> <b>Tangerine Chicken</b> Brown Rice, Veggie Eggroll, Fruit
<b>Breakfast Café LUNCH 22</b> <b>Sloppy Joe</b> Served on a WG bun, WG chips, Veggie sticks & Fruit	<b>Breakfast Café LUNCH 23</b> <b>Buffalo Chicken Mac &amp; Cheese</b> Seasonal Veggies & Fruit Fruit	<b>No School 24</b>	<b>No School 25</b>	<b>No School 26</b>
<b>Breakfast Café LUNCH 29</b> <b>Breakfast for Lunch</b> Sausage, French Toast Sticks, Hash browns Orange juice	<b>Breakfast Café LUNCH 30</b> <b>Tater Tot Nachos</b> <b>"Tatchos"</b> Ground beef, Cheese, salsa, sour cream, & black beans			

Menu is subject to change. **Come Visit the Breakfast CAFÉ!!!**

Grades 7-12 FREE Breakfast Café offers whole grain Cereals & Cereal Bars, Muffins, Bagels & Breads, Sweet Roll, Pop tarts, & assorted daily hot breakfasts,  
100% fruit juice and white milk

Grades 7-12 offer daily in school entrée alternative Choices: Pizza Station, Deli Bar, and Garden Salad

