



OCTOBER 2021

Breakfast & Lunch are FREE for ALL STUDENTS ALL YEAR

Jabish Brook Middle School

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

Breakfast Cafe LUNCH 4
Chicken Patty
Whole Grain bun
Lettuce, Tomato, Pickles,
Fruit

Breakfast Cafe LUNCH 5
Chicken Taco Bar
Lettuce, tomato, Fiesta Black
bean salad, Chips & Salsa
Fruit

Breakfast Cafe LUNCH 6
Pasta Bar
Choice of Marinara or Chicken
Alfredo sauce, Caesar Salad &
garlic knots
Fruit

Breakfast Cafe LUNCH 7
Burger Day
Whole Grain bun
Lettuce, Tomato, Pickles,
Oven Fries
Fruit

Breakfast Cafe LUNCH 1
Chicken Bacon Ranch
Whole grain bun,
Oven fries
Fruit

Breakfast Cafe LUNCH 8
Sausage Grinder
With peppers and onions
WG bun, WG Chips,
Fruit

No School 11

Breakfast Cafe LUNCH 12
Chicken Taco Salad
Salsa, sour cream, shredded
cheese & Garlicky black beans
Fruit

Breakfast Cafe LUNCH 13
Mac & Cheese
WG Dinner roll
Garlic & Herb Vegetables
Fruit

Breakfast Cafe LUNCH 14
BBQ Chicken sandwich
Sweet potato fries
Cole Slaw
Fruit

Breakfast Cafe LUNCH 15
Pulled Pork Sandwich
Potato salad
Cole slaw
Fresh fruit

Breakfast Cafe LUNCH 18
Oriole Bowl
Popcorn Chicken, corn, mashed
potato & gravy
Fruit

Breakfast Cafe LUNCH 19
Beef Taco Bar
Lettuce, tomato, cheese, beans,
Chips & Salsa
Fruit

Breakfast Cafe LUNCH 20
Pasta Bar
Choice of Pesto or Chicken Al-
fredo sauce, mixed vegetable's
& Garlic bread
Fruit

Breakfast Cafe LUNCH 21
Baked Potato Bar
Veggie Bean chili, cheese,
Sour cream,
WG Roll
Fruit

Breakfast Cafe LUNCH 22
Breakfast for Lunch
French toast strips
Tater tots, sausage
Fruit

Breakfast Cafe LUNCH 25
Burger Day
Whole Grain bun
Lettuce, Tomato, Pickles,
Oven Fries
Fruit

Breakfast Cafe LUNCH 26
Chicken fajita
Onion & Peppers, shredded
cheese, Black Bean & corn
salad, sour cream & Salsa
Fruit

Breakfast Cafe LUNCH 27
Spaghetti & Meatballs
Garden salad & garlic knots
Fruit

Breakfast Cafe LUNCH 28
Chinese Chicken
Fried Rice, Vegetables,
Veggie Eggroll
Fruit

Breakfast Cafe LUNCH 29
Chicken Parmesan
Whole Grain bun
Mixed veggies,
Fruit



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

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

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

