



Breakfast & Lunch are Free

MARCH 2023

Jabish Brook Middle School

Breakfast offer with choice of 1% white milk.
Lunch offered with choice of
1% 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



Vegan & Vegetarian options are available each day; please reach out to the kitchen staff in advance

Breakfast Café LUNCH **6**
Garlic Chicken
With Buttered Noodles,
Seasonal veggies
& fruit

Breakfast Café LUNCH **7**
Chili Cheese Fries & Cornbread
Salsa, sour cream, shredded
cheese & beans
Fruit

Breakfast Café LUNCH **8**
Meatball grinder
With cheese, salad & fruit

Breakfast Café LUNCH **9**
Baked Potato Bar
Cheese & Sour cream, broccoli &
Bacon Bits, chili & fruit

Breakfast Café LUNCH **10**
Burger Day:
Hamburger, Whole Grain roll,
Lettuce, Tomato,
Pickles, Potato Salad & Fruit

Breakfast Café LUNCH **13**
Hot Dog
With Baked Beans, oven fries
& fruit

Breakfast Café LUNCH **14**
Corn beef Rubeen with Smiley
Fries
Green pepper strips & Fruit

Breakfast Café LUNCH **15**
Cheese Lasagna
With Garlic Texas Toast &
Caesar Salad
Fruit

Breakfast Café LUNCH **16**
Munchie Basket
Mozzarella sticks, Chicken nuggets,
Fries, seasonal veggies
& fruit

Breakfast Café LUNCH **17**
Philly Style Beef & Cheese Sub
Peppers & onions
& fruit

Breakfast Café LUNCH **20**
Breakfast for Lunch
French toast sticks, Sausage, Hash
Browns, Juice, & fruit

Breakfast Café LUNCH **21**
Cheese Quesadillas with Sour
Cream, salsa,
& Black beans
Fruit

Breakfast Café LUNCH **22**
Seasoned Beef Mac and Cheese
Seasonal veggies & Fruit

Breakfast Café LUNCH **23**
Asian Chicken
Fried Rice, Vegetables,
Veggie Eggroll
Fruit

Breakfast Café LUNCH **24**
Sausage & Pepper Grinder
Salad & fruit

Breakfast Café LUNCH **27**
Pulled Pork on WG roll,
coleslaw & fruit

Breakfast Café LUNCH **28**
Beef Taco Salad
Salsa, sour cream, shredded
Cheese, Corn Chips & Ranchero
beans & fruit

Breakfast Café LUNCH **29**
Pasta Bar
Choice of Marinara or Chicken
Alfredo sauce, Mixed Veggies &
Garlic knots

Breakfast Café LUNCH **30**
Oriole Bowl
Popcorn Chicken, corn, mashed
potato & gravy
Fruit

Breakfast Café LUNCH **31**
Fish Nuggets & Fries
With Coleslaw,
Tartar Sauce & Fruit

Menu is subject to change.

Grades 7-12 **FREE Breakfast Cafe** 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

First Meal is FREE, Second Meals, are \$3.50