



# OCTOBER 2022

## JAPAN REGION: 9-12 BREAKFAST

① Pork Free Menu Item  
 ② Item May Contain Pork

Monday	Tuesday	Wednesday	Thursday	Friday
-3- ① Sausage Slider Fruit Juice Milk	-4- Waffles Scrambled Eggs Fruit Juice Milk	-5- ① All American Breakfast Fruit Juice Milk	-6- Yogurt Smoothie CinnaRoll Sliders Fruit Juice Milk	-7- ② Pork Sausage Gravy & Biscuit Fruit Juice Milk
-10- ① Ham & Cheese Bagel Fruit Juice Milk	-11- Waffles ① Sausage Patty Fruit Juice Milk	-12- Breakfast Frittata Fruit Juice Milk	-13- Yogurt Smoothie ① Pancake Sausage Bites Fruit Juice Milk	-14- ① Monte Cristo Sandwich Fruit Juice Milk
-17- ① Sausage Biscuit Fruit Juice Milk	-18- ① Ham & Cheese Roll Up Variety Muffin Fruit Juice Milk	-19- ① All American Breakfast w/Sausage Fruit Juice Milk	-20- Yogurt Smoothie French Toast Bites Fruit Juice Milk	-21- ① Breakfast Taco Fruit Juice Milk
-24- ① Sausage Slider Fruit Juice Milk	-25- Waffles Scrambled Eggs Fruit Juice Milk	-26- ① All American Breakfast Fruit Juice Milk	-27- Yogurt Smoothie CinnaRoll Sliders Fruit Juice Milk	-28- Donut w/ ① Sausage Patty Fruit Juice Milk
-31- ① Ham & Cheese Bagel Cereal Fruit Juice Milk	<div style="display: flex; justify-content: space-between;"> <div style="width: 20%;"> <p><b><u>FOOD ALLERGIES</u></b>  <u>or SPECIAL DIETS:</u>            Modifications can be made to safeguard the well-being of our students.            See cafeteria supervisor for more information.</p> </div> <div style="width: 30%; text-align: center;"> <p><u>Breakfast</u></p> <p>Students: All Grades Full Price \$2.00            Non-Student \$4.25            Breakfast Plus \$1.50            Reduced Price \$0.30</p> </div> <div style="width: 30%; text-align: center;"> <p><b><u>MEAL PRICES</u></b></p> <p>Students: Full Price            Elementary \$3.50            Secondary \$3.75</p> </div> <div style="width: 20%; text-align: center;"> <p><u>Lunch</u></p> <p>Reduced Price K-12 \$0.40            Non-Student \$7.50            Lunch Plus K-12 \$2.25</p> </div> </div>			

**Substitutions may occur based on product availability. Please consult your school directly for the most up-to-date menu.**

*This institution is an Equal Opportunity Provider*



# OCTOBER 2022

## JAPAN REGION: 9-12 LUNCH

1 Pork Free Menu Item  
2 Item May Contain Pork

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center; margin: 0;">-3-</p> <p>Chicken Mega Minis w/Cornbread OR Beef Tenders w/Brown Gravy &amp; Cornbread OR Fajita Chicken Salad w/Tortilla Chips (V Avail.) Seasoned Corn Celery/Carrot Dippers Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;">-4-</p> <p>Spaghetti &amp; 🍖Meatsauce OR Spaghetti w/Marinara (V) OR Chicken Veggie Dumplings Italian Green Beans Caprese Side Salad Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;">-5-</p> <p>Cheese Pizza OR 🍖Pepperoni Pizza OR Mediterranean Hummus Wrap (V) Seasoned Broccoli Cucumber Coins Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;">-6-</p> <p>Beefy Alfredo &amp; Rice OR Chicken Curry &amp; Rice OR <b>Manager's Choice Salad + Grain (V)</b> Cherry Tomato Dippers Seasoned Peas and Carrots Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;">-7-</p> <p>Chicken &amp; Waffles OR 🍖Monte Cristo Sandwich OR Chef Salad (V Avail) w/Pretzel Bites Sweet Potato Fries Baked Beans Fruit Choice of Milk</p>
<p style="text-align: center; margin: 0;">-10-</p> <p>BBQ Chicken Wings w/Cornbread OR Broccoli Cheese Soup w/Veggie Wrap (V) OR Hawaiian Chicken Wrap Green Apple Slaw Honey Glazed Carrots Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;">-11-</p> <p>Cheeseburger Mac w/Dinner Roll OR Macaroni &amp; Cheese (V) w/Dinner Roll OR Market Salad w/Pretzel Bites (V) Dark Green Side Salad Christmas Veggies Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;">-12-</p> <p>Chicken Tacos OR Beef Tacos OR Cheese Quesadilla (V) Ranchero Beans Elote Corn Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;">-13-</p> <p>Sweet &amp; Sour Chicken w/Rice OR 🍖Mini Corn Dog OR <b>Manager's Choice Salad + Grain (V)</b> Seasoned Broccoli Pickled Cucumbers Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;">-14-</p> <p>Hamburger OR Cheeseburger OR Grilled Chicken Sandwich OR Southwest Salad w/Chips (V) Ranch Fries Bell Pepper Strips Seasonal Fruit Choice of Milk</p>
<p style="text-align: center; margin: 0;">-17-</p> <p>Chicken Tenders w/Dinner Roll OR Hummus Salad Bowl (V) &amp; Pretzel Dippers OR Chicken Veggie Dumplings Celery Dippers Cherry Tomato Dippers Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;">-18-</p> <p>Chicken Alfredo w/Garlic Baguette OR Alfredo Mac (V) w/Garlic Baguette OR 🍖BBQ Joe Baked Beans Italian Green Beans Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;">-19-</p> <p>Cheese Pizza (V) OR <b>Manager's Choice Pizza OR</b> 🍖Cold Cut Sandwich Parmesan Broccoli Fresh Carrot Dippers Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;">-20-</p> <p>Chicken PoBoy w/Rooster Sauce OR Cheesy Breadsticks w/Marinara (V) OR 🍖Mini Corn Dogs Dark Green Side Salad Ranch Fries Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;">-21-</p> <p>BBQ Chicken Sandwich OR Beef Tender Sandwich OR Chicken Tender Salad w/Cornbread Seasoned Corn Sweet Potato Fries Seasonal Fruit Choice of Milk</p>
<p style="text-align: center; margin: 0;">-24-</p> <p>Sweet Sour Chicken Wings w/Confetti Rice OR Cheesy Breadsticks w/Marinara (V) OR <b>Manager's Choice Salad + Grain (V)</b> Seasoned Green Peas Fresh Carrot Dippers Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;">-25-</p> <p>🍖Rose Spaghetti w/Meatballs OR Rose Spaghetti (V) w/Dinner Roll OR Market Salad w/Slider Roll (V Avail) Roasted Broccoli Vinaigrette Slaw Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;">-26-</p> <p>Chicken Nachos OR Beef Nachos OR Cheese Nachos (V) Ranchero Beans Dark Green Side Salad Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;">-27-</p> <p>Chicken Nuggets w/Biscuit OR Waffle, Egg &amp; Cheese Sandwich OR 🍖Sausage &amp; Egg Biscuit Cucumber Coins Cherry Tomato Dippers Seasonal Fruit Choice of Milk</p>	<p style="text-align: center; margin: 0;">-28-</p> <p>Patty Melt OR Chicken Veggie Dumplings OR Broccoli Cheese Soup w/Veggie Wrap (V) Oven Fries Savory Green Peas Fruit Choice of Milk</p>
<p style="text-align: center; margin: 0;">-31-</p> <p>Grilled Cheese Sandwich (V) OR Beef Tenders w/Brown Gravy &amp; Cornbread OR Chef Salad w/Cornbread (V Avail) Honey Glazed Carrots Sweet Pea Salad Seasonal Fruit Choice of Milk</p>	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p style="color: red; font-weight: bold; margin: 0;"><u>FOOD ALLERGIES</u> or <u>SPECIAL DIETS:</u></p> <p style="margin: 0;">Modifications can be made to safeguard the well-being of our students. See cafeteria supervisor for more information.</p> </div> <div style="width: 45%;"> <p style="color: green; font-weight: bold; margin: 0;"><u>Breakfast</u></p> <p style="margin: 0;">Students: All Grades Non-Student \$4.25 Full Price \$2.00 Breakfast Plus \$1.50 Reduced Price \$0.30</p> </div> </div> <div style="text-align: center; margin-top: 10px;"> <p style="color: blue; font-weight: bold; margin: 0;"><u>MEAL PRICES</u></p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p style="color: blue; font-weight: bold; margin: 0;"><u>Lunch</u></p> <p style="margin: 0;">Students: Full Price Elementary \$3.50 Secondary \$3.75</p> </div> <div style="width: 45%;"> <p style="margin: 0;">Reduced Price K-12 \$0.40 Non-Student \$7.50 Lunch Plus K-12 \$2.25</p> </div> </div> <p style="text-align: center; margin-top: 10px; color: blue; font-weight: bold;">VEGETARIAN SALAD OPTION AVAILABLE DAILY</p> </div>			

Substitutions may occur based on product availability. Please consult your school directly for the most up-to-date menu.

This institution is an Equal Opportunity Provider