

SEPTEMBER 2024 STARK COUNTY JUNIOR HIGH/ HIGH SCHOOL MENU

<p>2 Monday</p> <p>NO SCHOOL</p> <p>LABOR DAY</p>	<p>3 Tuesday WG Cereal, Muffin 44 gm, Fruit, Juice</p> <p>WG Bun 28 gm, BBQ Rib 8 gm or Deli Sandwich or Salad or Yogurt Meal, Baked Beans 28 gm, Cinnamon Applesauce 26 gm, Fresh Fruit and Veggies</p>	<p>4 Wednesday WG Cereal, WG English Muffin 21 gm, Cheese Slice 2 gm, Egg Patty 1 gm, Fruit, Juice</p> <p>WG Bosco Sticks 50 gm Beef Ravioli 36 gm or Smoothie Meal or Yogurt Meal, Salad or Deli Sandwich, Green Beans 4gm, Pears 16gm, Fresh Fruit and Veggies</p>	<p>5 Thursday WG Mini Chocolate Donuts 41 gm, WG Cereal, Fruit, Juice</p> <p>WG Chicken Fries 24 gm, WG Roll 15 gm or Salad or Yogurt Meal or Deli Sandwich or Cheese or Chicken Quesadilla 38g, Mashed Potatoes, Gravy, Peaches 14 gm, Fresh Fruit and Veggies</p>	<p>6 Friday WG Cereal, WG Pancake on a Stick 17 gm, Syrup 20 gm, Fruit or Juice</p> <p>WG Multi Cheese Garlic Bread 43.5 gm with Marinara Sauce 7 gm or Deli Sandwich, Salad or Yogurt Meal Romaine 1.5 gm, Tropical Fruit 22 gm, Sidekick 23g, Fresh Fruit and Veggies</p>
<p>9 Monday WG Poptart, WG Cereal, Fruit, Juice</p> <p>WG Bun 28g, WG Chicken Patty 16gm or WG Pepperoni Panini 30gm or Salad 30gm or Deli Sandwich or Yogurt Meal Corn 16g, Pears 16g, Fresh Fruit and Veggies</p>	<p>10 Tuesday WG Cereal, WG French Toast Sticks 57g, Syrup 20g, Juice, Fruit</p> <p>Totchos (Tater Tots, Taco Meat, Queso Blanco 27 gm) with WG Raspberry Churros 28 gm for 1 or Salad or Deli Sandwich, or Yogurt Meal, Refried Beans 24 gm, Salsa 8 gm, Pineapple 17 gm, Fresh Fruit and Veggies</p>	<p>11 Wednesday WG Cereal, WG Long John Donut 33 gm, Fruit, Juice</p> <p>WG Bun 22 gm, Hot Dog 1 gm, Chili Dog 5 gm or Smoothie Meal or Deli Sandwich or Salad, or Yogurt Meal, Sweet Potato Fries 23 gm, Mandarin Oranges 17g, Fresh Fruit and Veggies</p>	<p>12 Thursday WG Cereal, WG Bagel 38 gm, Cream Cheese 1 gm, Fruit, Juice</p> <p>WG Bun 28g, Bacon Cheeseburger 3 gm or Salad, or Deli Sandwich, or Yogurt Meal, Green Beans 4 gm, Peaches 14g, Fresh Fruit and Veggies</p>	<p>13 Friday Biscuit 26 gm, Sausage and Gravy 8 gm, WG Cereal, Fruit, Juice</p> <p>WG Pizza or Deli Sandwich, or Yogurt Meal, Salad, Romaine 1.5 gm, Rosy Applesauce 22 gm, WG Cookie 17 gm, Fresh Fruit and Veggies</p>

<p>16 Monday WG Breakfast Bar 47gm, WG Cereal, Fruit, Juice</p> <p>WG Bun26g , Tenderloin 14 gm or WG Pepperoni Panini 30g or Salad, Deli Sandwich, or Yogurt Meal, Broccoli w/Cheese 10 gm, Peaches 14 gm, Fresh Fruit and Veggies</p>	<p>17 Tuesday WG Toast 14 gm, Jelly 9 gm, Cheese Omelet WG Cereal, Fruit, Juice</p> <p>WG Toasted Cheese 50 gm or Deli Sandwich or Salad or Yogurt Meal, Oven Potatoes 22 gm, Pears 16g, Fresh Fruit and Veggies</p>	<p>18 Wednesday WG Pancake Bites 37 gm, Syrup 20 gm, WG Cereal, Fruit, Juice</p> <p>WG Bun 26 gm, Sloppy Joes or Smoothie Meal or Yogurt Meal or Deli Sandwich or Salad Baked Beans 26 gm, Pineapple 17 gm, Fresh Fruit and Veggie</p>	<p>19 Thursday WG Cereal, WG Mini Cinnamon and Sugar Donuts 40 gm Fruit, Juice</p> <p>Biscuit 26 gm, Chicken Gravy over Mashed Potatoes or Deli Sandwich or Yogurt Meal, or Salad or Cheese or Chicken Quesadilla 38g, Peas 11gm, Carrots 6 gm, Mandarin Oranges 17 gm, Fresh Fruit and Veggies</p>	<p>20 Friday WG Cereal, WG Breakfast Pizza 44g, Fruit, Juice</p> <p>WG Pizza Sticks 64 gm with Marinara Sauce 7 gm or Deli Sandwich or Salad Or Yogurt Meal, Green Beans 4 gm, Cinnamon Applesauce 26 gm, Jello w/Whip Topping 17 gm, Fresh Fruit and Veggies</p>
<p>23 Monday WG Breakfast Bun 40 gm, WG Cereal, Fruit, Juice</p> <p>WG Corn Dogs 60 gm or WG Pepperoni Panini 30g or Salad, Deli Sandwich or Yogurt Meal, Baked Beans 26g, Mixed Fruit 22g , Fresh Fruit and Veggies</p>	<p>24 Tuesday WG Cereal, WG Waffle 24 gm, Syrup 20 gm, Fruit, Juice</p> <p>WG Bun 26 gm, Pulled Pork or Deli Sandwich or Salad or Yogurt Meal, Oven Potatoes 22 gm, Queso Blanco 7 gm, Pineapple 17 gm, Fresh Fruit and Veggies</p>	<p>25 Wednesday <u>WG Cereal, Cinnamon Roll 42 gm, Fruit, Juice</u></p> <p>Chicken Wrap (WG Tortilla, Chicken, Shredded Cheese) or Smoothie Meal or Yogurt Meal or Deli Sandwich or Salad Romaine 1.5 gm, Peaches 14 gm, Fresh Fruit and Veggies</p>	<p>26 Thursday WG Cereal, WG Breakfast Bite Apple Donut 38 gm, Fruit, Juice</p> <p>WG Rolln 15 gm, Mac n Cheeseburger Dinner 29.3 gm or Chicken or Cheese Quesadilla or Salad or Deli Sandwich or Yogurt Meal Green Beans 4 gm, Strawberries and Bananas 15.5 gm, Fresh Fruit and Veggies</p>	<p>27 Friday WG Cereal, WG Croissant 29 gm, Sausage Patty 1gm, Egg Patty 1 gm, Cheese Slice 2 gm, Fruit, Juice</p> <p>Chili Crispito 69 gm or Yogurt Meal or Deli Sandwich or Salad Carrots 6 gm, Rosy Applesauce 22 gm, Bavarian Creme Dessert 10 gm, Fresh Fruit and Veggies</p>
<p>30 Monday WG Cereal, WG Pigs in Blanket 40 gm, Syrup 20 gm, Fruit, Juice</p> <p>WG Chicken, WG Waffle or WG Pepperoni Panini or Salad or Yogurt Meal or Deli Sandwich Corn 16 gm, Cinnamon Applesauce 26 gm, Fresh Fruit and Veggies</p>	<p>Breakfast is offer vs serve. Students must take 3 of 4 items served. Lunch is also offer vs serve. students must take 3 of 5 items served and 1 item must be ½ cup of fruit of veggies</p>	<p>Breakfast starts at 7:30-8:00 a.m. Everyday</p> <p>Can't Stop Won't Stop</p> <p>#ALLin</p>	<p>Menu are Subject to Change</p> <p>Mashed Potatoes contain sulfates and can cause allergic reactions.</p> <p>MILK -1% White, 1% Chocolate, 1% Strawberry are offered at all meals. Ranch Dressing, French Dressing, Ketchup. Mustard and BBQ Sauce are offered at Lunch</p>	<p>A Plant Based Meal is offered everyday.</p> <p>Cereal- Marsh Matey-22g, Cinnamon Toasters 24g, Honey Graham 22g Juice- Apple 13 g, Fruit Punch 14 g, OF 13 g, Grape 19g Poptart- Strawberry- 75g, Cinnamon 73 g, Blueberry 72 g</p>
