

James W. Parker Middle School Lunch Menu

October 2024



What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

**Students must choose at least one fruit or vegetable*

Assorted Fresh Fruit and Vegetables Offered Daily

Vegetables May choose two 1/2 cup servings

Fruit May choose one 1/2 cup serving

Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry, Fat Free White and Low Fat White

Daily Alternate Choices May include

Peanut Butter Jelly Sandwich, Chef Salad, Taco Salad, Caesar Salad



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Chicken Tenders Pizza Refried Beans Mandarin Oranges Choice of Milk	1 Walking Taco w/ sliced bread Green Beans Mixed Fruit Choice of Milk	2 Chicken Fajita Wrap Pizza Corn Choice of Milk Churro	3 Grilled Cheese and Tomato Soup Tater Tots Peaches Choice of Milk	4 Pizza Broccoli Mandarin Oranges Choice of Milk
7 Pasta w/ Meatsauce w/ sliced bread Steamed Broccoli Pineapple Tidbits Choice of Milk	8 Dunkers Mixes Veggies Pineapple Choice of Milk	9 Corn Dogs Pizza Steamed Carrots Sliced Peaches Choice of Milk	10 Cheeseburger Fries Applesauce Choice of Milk	11 Chicken Sandwich Pizza Peas Mixed Fruit Choice of Milk
14 No School	15 Smith Hot Dog on a bun Baked Beans Sliced Apples Choice of Milk	16 Waffles w/ Sausage Pizza Tater Tots Diced Pears Choice of Milk	17 Meatball Hoagie Steamed Broccoli Pineapple Tidbits Choice of Milk	18 Cheese Calzone Pizza Steamed Carrots Applesauce Choice of Milk
21 Breaded Cheese Sticks Pizza Refried Beans Mandarin Oranges Choice of Milk	22 Walking Taco w/ sliced bread Roasted Sweet Potatoes Diced Peaches Choice of Milk	23 Chicken Fritter Pizza Steamed Broccoli Chilled Applesauce Choice of Milk	24 Popcorn Chicken Bowl w/ sliced bread Mashed Potatoes Sliced Pears Choice of Milk	25 Corn Dogs Pizza Steamed Mixed Vegetables Tropical Fruit Salad Choice of Milk
28 French Toast Sticks W/ Sausage Pizza Crispy Tater Tots Mixed Fruit Cup Choice of Milk	29 Mac and Cheese Green Beans Mixed Fruit Choice of Milk Fresh Baked Cookie	30 Chicken Fajita Wrap Pizza Corn Choice of Milk	31 Grilled Cheese and Tomato Soup Tater Tots Peaches Choice of Milk	1 Pizza Broccoli Mandarin Oranges Choice of Milk

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

MENUS SUBJECT TO CHANGE