

James W. Parker Middle School Lunch Menu

November 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



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Walking Tacos Pizza Refried Beans Mandarin Oranges Choice of Milk	5 Chicken Tenders Green Beans Mixed Fruit Choice of Milk	6 Chicken Fajita Wrap Pizza Corn Choice of Milk Churro	7 Mac and Cheese Tater Tots Peaches Choice of Milk	8 Pizza Broccoli Mandarin Oranges Choice of Milk
11 No School	12 Dunkers Mixes Veggies Pineapple Choice of Milk	13 Corn Dogs Pizza Steamed Carrots Sliced Peaches Choice of Milk	14 Cheeseburger Fries Applesauce Choice of Milk	15 Chicken Sandwich Pizza Peas Mixed Fruit Choice of Milk
18 Chicken Alfredo Green Beans Pineapple Choice of Milk	19 Smith Hot Dog on a bun Baked Beans Sliced Apples Choice of Milk	20 Waffles w/ Sausage Pizza Tater Tots Diced Pears Choice of Milk	21 Turkey and Gravy Mashed Potatoes Assorted Fruit Choice of Milk	22 Cheese Calzone Pizza Steamed Carrots Applesauce Choice of Milk
25 Walking Tacos Pizza Refried Beans Mandarin Oranges Choice of Milk	26 Breaded Cheese Sticks Roasted Sweet Potatoes Diced Peaches Choice of Milk	27 No School	28 Thanksgiving No School	29 No School