

Food Services Coordinator: Courtney Epler
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 Please check the District Website, Food Services Tab to learn more.

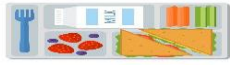


Exeter Township School District Junior High School Breakfast & Lunch Menu December 2020



Meal Prices
 Adult Breakfast Meal - \$2.50 Adult Lunch Meal - \$4.25

*Sign Up for Schoolcafe.com to apply for free/reduced meals,
 Look up nutritionals & make payments. Set up an account to
 receive low balance alerts.*



Lunch B Sandwich of the week

- Week 1 - Italian Hoagie
- Week 2- PB & Jelly Uncrustable
- Week 3- Ham & Cheese on Pretzel Bun
- Week 4- Turkey & Cheese on Kaiser Roll

**** Lunch B option will be served with
 baked snack bag and fruit and vegetable
 of the day.******

Daily Breakfast Juice
 Orange Juice
 Apple Juice
 Grape Juice



Fruit & Vegetable Options*

- | | |
|-----------------|--------------|
| Carrots | Apples |
| Cucumbers | Bananas |
| Broccoli | Peaches |
| Cauliflower | Pears |
| Celery | Pineapple |
| Sugar Snap Peas | Strawberries |
| | Grapes |

**** Fruit & Vegetable Provided Depend On
 Availability**



Milk
 White
 Chocolate
 (Soy Milk is available for students w/dairy
 allergies)



	Monday	Tuesday	Wednesday	Thursday	Friday
	December 7th	December 8th	December 9th	December 10th	December 11th
		Breakfast Entree Cinnamon Toast Crunch Bar Lunch A- Chicken tenders w/ honey mustard cup Baked Chips, Baby Carrots w/ Ranch Apple sauce cup Lunch B- Italian Hoagie	Breakfast Entree Mini Waffles w/ syrup cup Lunch A- Mini Corn Dogs Served with Fiesta Beans, Pasta Salad and Mandarin Oranges Lunch B- Italian Hoagie	Breakfast Entree Strawberry Poptart with Apple Cinnamon Muffin Lunch A- Chicken nuggets with Pierogies, Peas and fresh fruit selection Lunch B- Italian Hoagie	Breakfast Entree Pancakes Lunch A- Personal Pizza served with side salad and Fruit cocktail Lunch B- Italian Hoagie
	December 14th	December 15th	December 16th	December 17th	December 18th
	Breakfast Entree Cocoa Puffs Cereal w/ Banana Muffin Lunch A- Walking Taco with Nacho chips Served w/ shredded lettuce, tomato, cheese and pineapples Lunch B- PB & Jelly Uncrustable w/ string cheese	Breakfast Entree French Toast sticks Lunch A- Meatball Sub Served w/ carrots and peaches Lunch B- PB & Jelly Uncrustable w/ string cheese	Breakfast Entree Triple Cherry Yogurt w/ Blueberry Muffin Lunch A- Pancakes & sausage Patty w/ Hash Brown Patty, apple slices Lunch B- PB & Jelly Uncrustable w/ string cheese	Breakfast Entree Mini Waffles Lunch A- Personal Pizza Served w/ Romaine Salad and Fruit Cocktail Lunch B- PB & Jelly Uncrustable w/ string cheese	Breakfast Entree Bagel w/ Cream Cheese Lunch A- Chicken Nuggets and Mac &Cheese Served with Carrot sticks & Mandarin Oranges Lunch B- PB & Jelly Uncrustable w/ string cheese
	December 21st	December 22nd	December 23rd	December 24th	December 25th
	Breakfast Entree Chocolate Crescent Roll Lunch A- Dutch Waffle, Turkey Sausage links, Hash Brown and Strawberries Lunch B- Ham & Cheese on Pretzel Bun	Breakfast Entree Cinnamon Poptart w/ Chocolate Chip Muffin Lunch A- Chicken Patty w/ Bun Served w/ Green Beans, Lettuce & Tomato Slices and peaches Lunch B- Ham & Cheese on Pretzel Bun	Breakfast entree French Toast Sticks Lunch A- Cheeseburger on Bun Served with French Fries, Lettuce & Tomato Slices, and apple slices Lunch B- Ham & Cheese on Pretzel Bun	Breakfast Entree Cinnamon Roll Lunch Entree Baked Chicken Stix with Roll Served with Side Salad and Fruit Cocktail Lunch B- Ham & Cheese on Pretzel Bun	Breakfast Entree Strawberry Banana Yogurt with Apple Cinnamon Muffin Lunch A- Mickey's Pizza Served with Broccoli and Grapes Lunch B- Ham & Cheese on Pretzel Bun
	December 28th	December 29th	December 30th	December 31st	
	Breakfast Entree Reese's Puffs Cereal w/ a Banana muffin Lunch A- Hot dog on a Bun Smile Potatoes, Baked beans, and pears Lunch B- Turkey & Cheese on Kaiser Roll	Breakfast Entree Cinnamon Toast Crunch Bar Lunch A- Chicken tenders w/ honey mustard cup Baked Chips, Baby Carrots w/ Ranch Apple sauce cup Lunch B- Turkey & Cheese on Kaiser Roll	School Closed	School Closed	School Closed Holiday
	December 28th	December 29th	December 30th	December 31st	
	School Closed	School Closed	School Closed	School Closed New Years Eve	

**Heat all hot items to 365 degree's for 15-20 minutes
 Oven Temperature's may vary.
 Keep cold items in the Refridgerator until needed!
 Enjoy!**



