

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

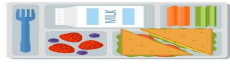


## Exeter Township School District Junior High School Breakfast & Lunch Menu November 2020



**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 nutritional & 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\***

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>Carrots</li> <li>Cucumbers</li> <li>Broccoli</li> <li>Cauliflower</li> <li>Celery</li> <li>Sugar Snap Peas</li> </ul> | <ul style="list-style-type: none"> <li>Apples</li> <li>Bananas</li> <li>Peaches</li> <li>Pears</li> <li>Pineapple</li> <li>Strawberries</li> <li>Grapes</li> </ul> |
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**\*\* Fruit & Vegetable Provided Depend On  
 Availability**



**Milk**  
 White  
 Chocolate

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



	Monday	Tuesday	Wednesday	Thursday	Friday
	November 2nd	November 3rd	November 4th	November 5th	November 6th
	<b>Breakfast Entree</b> Chocolate Crescent  <b>Lunch A</b> Dutch Waffle w/ sausage links links, hash browns, and Strawberries  <b>Lunch B</b> Italian Hoagie	<b>Breakfast Entree</b> Cinnamon Poptart w/ Banana Muffin  <b>Lunch A</b> - Chicken Patty w/ Bun served w/ Green Beans, Lettuce & Tomato Slices and Grapes  <b>Lunch B</b> - Italian Hoagie	<b>Breakfast entree</b> French Toast Sticks  <b>Lunch A</b> Cheeseburger on Bun Served with French Fries, Lettuce & Tomato Slices, and apple slices  <b>Lunch B</b> - Italian Hoagie	<b>Breakfast Entree</b> Cinnamon Roll  <b>Lunch A</b> - Baked Chicken Stix with Roll, Served with Side salad and Fruit Cocktail  <b>Lunch B</b> - Italian Hoagie	<b>Breakfast Entree</b> Strawberry Banana Yogurt with Chocolate Chip Muffin  <b>Lunch A</b> - Mickey's Pizza Served with Broccoli and Grapes  <b>Lunch B</b> - Italian Hoagie
	November 9th	November 10th	November 11th	November 12th	November 13th
	<b>Breakfast Entree</b> Fruit Loops w/ a Blueberry muffin  <b>Lunch A</b> - Hot dog on a Bun Smile Potatoes, Baked beans, and pears  <b>Lunch B</b> - PB & Jelly Uncrustable w/ string cheese	<b>Breakfast Entree</b> Cinnamon Toast Crunch Bar  <b>Lunch A</b> -Chicken tenders w/ honey mustard cup Baked Chips, Baby Carrots w/ Ranch Apple sauce cup  <b>Lunch B</b> - PB & Jelly Uncrustable w/ string cheese	<b>Breakfast Entree</b> Mini Waffles w/ syrup cup  <b>Lunch A</b> - Mini Corn Dogs Served with Fiesta Beans, Pasta Salad and Mandarin Oranges  <b>Lunch B</b> - PB & Jelly Uncrustable w/ string cheese	<b>Breakfast Entree</b> Strawberry Poptart with Apple Cinnamon Muffin  <b>Lunch A</b> -Chicken nuggets with Pierogies, Peas and fresh fruit selection  <b>Lunch B</b> -PB & Jelly Uncrustable w/ string cheese	<b>Breakfast Entree</b> Pancakes  <b>Lunch A</b> - Personal Pizza served with side salad and Fruit cocktail  <b>Lunch B</b> - PB & Jelly Uncrustable w/ string cheese
	November 16th	November 17th	November 18th	November 19th	November 20th
	<b>Breakfast Entree</b> Cocoa Puffs Cereal w/ Banana Muffin <b>Lunch A</b> -Walking Taco with Nacho chips Served w/ shredded lettuce, tomato, cheese and pineapples  <b>Lunch B</b> -Ham & Cheese on Pretzel Bun	<b>Breakfast Entree</b> French Toast sticks  <b>Lunch A</b> - Meatball Sub Served w/ carrots and peaches  <b>Lunch B</b> - Ham & Cheese on Pretzel Bun	<b>Breakfast Entree</b> Triple Cherry Yogurt w/ Blueberry Muffin <b>Lunch A</b> - Pancakes & sausage Patty w/ Hash Brown Patty, apple slices  <b>Lunch B</b> - Ham & Cheese on Pretzel Bun	<b>Breakfast Entree</b> Mini Waffles  <b>Lunch A</b> - Personal Pizza Served w/ Romaine Salad and Fruit Cocktail  <b>Lunch B</b> - Ham & Cheese on Pretzel Bun	<b>Breakfast Entree</b> Bagel w/ Cream Cheese  <b>Lunch A</b> -Chicken Nuggets and Mac &Cheese Served with Carrot sticks & Mandarin Oranges  <b>Lunch B</b> - Ham & Cheese on Pretzel Bun
	November 23rd	November 24th	November 25th	November 26th	November 27th
	<b>Breakfast Entree</b> Chocolate Crescent Roll  <b>Lunch A</b> -Dutch Waffle, Turkey Sausage links, Hash Brown and Strawberries  <b>Lunch B</b> - Turkey & Cheese on Kaiser Roll <b>Early Dismissal</b>	<b>Breakfast Entree</b> Cinnamon Poptart w/ Chocolate Chip Muffin <b>Lunch A</b> -Chicken Patty w/ Bun Served w/ Green Beans, Lettuce & Tomato Slices and peaches  <b>Lunch B</b> - Turkey & Cheese on Kaiser Roll <b>Ealy Dismissal</b>	<b>School Closed</b>	<b>School Closed</b>	<b>School Closed</b>
	November 30th				
	<b>School Closed</b>				



**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!**

