

Cabot Jr. High Lunch

Week 1

August 18
September 29
November 10
December 22
January 12
February 23
April 13
May 25

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Events (Choice of One)	Chicken Rings	Hamburger + Chips	Crunchy Beef Taco	Popcorn Chicken	Pepperoni Pizza
	Corn Dog	Ham & Cheese Sub + Chips	Breaded Chicken Sandwich		Lasagna Rollup + Texas Toast
	Chicken & Cheese Crisпитos + Yogurt Cup	Taco Max Snax + Salsa + Tortilla Chips	Mandarin Orange Chicken + Lo Mein		Hamburger + Chips
Eat Your Colors	French Fries	Baked Beans	Celery Sticks + Dip	Mashed Potatoes + Gravy	Spinach Salad + Italian Dressing
	Cucumbers + Dip	Fresh Baby Carrots	Lettuce & Tomato Cup	Green Beans	Whole Kernel Corn
For Your Sweet Tooth	Chocolate Chip M&M Cookie				
	Fruit	Fruit	Rips Fruit Slush	Fruit	Sour Raisin Raisels

Week 2

August 25
October 6
November 17
January 19
March 2
April 20
June 1

The Main Events (Choice of One)	Chicken Tenders	Sweet & Sour Chicken + Fried Rice	Chicken Fajitas	Chicken Sticks + Whole Wheat Roll	Pepperoni Crisпитos + Yogurt Cup
	Grilled Cheese Sandwich	Chef Salad + Granola Bar	Breaded Steak Sandwich		Cheese Ravioli + Texas Toast
	Sloppy Joe	Hot & Spicy Chicken Sandwich + Chips	Mini Cheeseburgers + Chips		Cheese Pizza
Eat Your Colors	Cucumbers + Dip	Stir Fry Vegetables	Black-Eyed Peas	Mashed Potatoes + Gravy	Fresh Broccoli Cuts
	Zesty Potato Wedges	Steamed Baby Carrots	Whole Kernel Corn	Green Beans	Cherry Tomatoes
For Your Sweet Tooth					
	Fruit	Rips Fruit Slush	Fruit	Fruit	Sorbet Cup

Week 3

September 1
October 13
December 1
January 26
March 9
April 27

The Main Events (Choice of One)	Turkey & Cheese Sub + Chips	Steak Patty + Mashed Potatoes + Gravy	Mini Hamburgers	Chicken Tenders + Whole Wheat Roll	French Bread Cheese Pizza
	Loaded Baked Potato + Cheese Stuffed Breadstick	Grilled Cheese + Tomato Soup	Chicken & Noodles + Cheese Texas Toast		Italian Spaghetti + Garlic Breadstick
	Spicy Chicken Rings	Pepper Jack Burger + Chips	Volcano Mini Tacos		Ham & Cheese Sub + Chips
Eat Your Colors	Cucumber, Broccoli & Tomato Cup	Fresh Baby Carrots	Refried Beans	Potato Wedges	Spinach Salad + Italian Dressing
		Green Beans	Whole Kernel Corn	Fresh Baby Carrots	Mixed Vegetables
For Your Sweet Tooth					
	Apple Wedges + Sunbutter	Chocolate Chip M&M Cookie	Rips Fruit Slush	Fruit	Sour Raisin Raisels

Week 4

September 8
October 20
December 8
February 2
March 16
May 4

The Main Events (Choice of One)	Hamburger	Beef & Cheese Nachos	Chicken & Cheese Crisпитos + Yogurt Cup	Chicken Rings + Whole Wheat Roll	Taco Max Snax + Cheese Sauce
	Mini Corn Dogs	BBQ Chicken Teriyaki + Fried Rice	Vegetable Soup + Grilled Cheese		Sausage Pizza
	Pepperoni Pizza	Spicy Chicken Sandwich	Chef Salad + Atomic Cheez Its		Grilled Chicken Sandwich + Chips
Eat Your Colors	Waffle Fries	Fresh Baby Carrots	Pinto Beans	Mashed Potatoes + Gravy	Steamed Broccoli Cuts
	Carrot & Celery Sticks + Dip	Stir Fry Vegetables	Whole Kernel Corn	Green Beans	Cherry Tomatoes
For Your Sweet Tooth					
	Fruit	Rips Fruit Slush	Sorbet Cup	Fruit	Sour Raisin Raisels

Menu subject to change due to alterations in delivery and/or weather.

All students are offered a choice of low-fat or fat free milk and 1 cup of fruit with lunch.

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Week 5

September 15
October 27
December 15
February 9
March 30
May 11

	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Events (Choice of One)	Chicken Fried Steak + Mashed Potatoes + Gravy	Cheeseburger + Chips	Tomato Soup + Grilled Cheese	Chicken Nuggets + Cheese Texas Toast	Mini Alfredo Ravioli + Cheese Stuffed Breadstick
	Hot Dog + Chips	Meatball Sub + Chips	Taco Bowl (Chicken, Tomato, Cheese & Corn)		Mini Marinara Ravioli + Cheese Stuffed Breadstick
	Chicken Sticks + Mashed Potatoes + Gravy	Pizza Strip + Yogurt Cup	Loaded Baked Potato + Cheese Stuffed Breadstick		Grilled Chicken Sandwich + Chips
Eat Your Colors	Green Beans Whole Kernel Corn	Black Beans Lettuce & Tomato Cup	Fresh Baby Carrots Green Beans	Cucumber, Broccoli & Tomato Cup + Dip Zesty Potato Wedges	Spinach Salad + Italian Dressing California Blend Vegetables
For Your Sweet Tooth	Fruit	Fruit	Chocolate Chip M&M Cookie Fruit	Fruit	Sour Raisin Raisels

Week 6

September 22
November 3
January 5
February 16
April 6
May 18

The Main Events (Choice of One)	Chicken Nuggets	Sweet & Sour Chicken + Lo Mein	Chicken Nachos	Chicken Tenders + Whole Wheat Roll	Chicken & Cheese Crispitos + Yogurt Cup
	Turkey & Cheese Sub	Chicken Bacon Ranch Wrap + Chips	Breaded Steak Fingers + Mashed Potatoes + Gravy		Chicken Fettuccini Alfredo + Garlic Breadsticks
	Corndog	Breaded Mozzarella Sticks + Marinara Sauce	Hamburger + Chips		Chef Salad + Rice Krispie Treat
Eat Your Colors	Cucumber, Broccoli & Tomato Cup + Dip French Fries	Fresh Baby Carrots Stir Fry Vegetables	Refried Beans Mixed Vegetables	Mashed Potatoes + Gravy Green Beans	Fresh Broccoli Cuts Fresh Baby Carrots
	Fruit	Sorbet Cup	Rips Fruit Slush	Apple Wedges	Sour Raisin Raisels

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Starting the Day (Choice of One)	Cereal + Chocolate Chip Muffin	Cereal + Strawberry Yogurt Cup	Cereal Bar + String Cheese	Cereal + Toast	Cereal + Gogurt
	Fold N' Go Breakfast Taco + Salsa	French Toast + Turkey Sausage Link	Glazed Donut + String Cheese	Scrambled Eggs + Turkey Sausage Patty	Mini Maple Pancakes + Bacon

Aug.18~Sept.8~Sept.29~Oct.20~Nov.10~Dec.8~Jan.12~Feb.2~Feb.23~Mar.16~Apr.13~May.4~May.25

Starting the Day (Choice of One)	Cereal + Turkey Sausage Link	Cereal + Rice Krispie Chewy Granola Bar	Pancake On A Stick	Cereal + Pop-Tart	Cereal + Granola Bar
	Waffles + Yogurt Cup	Powdered Sugar Donuts + String Cheese	Sausage Biscuit Sandwich	Mini Blueberry Waffles + Bacon	Egg + Cheese Sandwich + Yogurt Cup

Aug.25~Sept.15~Oct.6~Oct.27~Nov.17~Dec.15~Jan.19~Feb.9~Mar.2~Mar.30~Apr.20~May.11

Starting the Day (Choice of One)	Muffin + String Cheese	Cereal + Yogurt Cup	Cereal + String Cheese	Cereal + Rice Krispie Chewy Granola Bar	Cereal + Yogurt Cup
	Mini Strawberry Pancakes + Bacon	Mini Cinnis + Scrambled Eggs	Mini French Toast Sticks + Yogurt Cup	Breakfast Pizza	Turkey Sausage Bagel

Sept.1~Sept.22~Oct.13~Nov.3~Dec.1~Jan.5~Jan.26~Feb.16~Mar.9~Apr.6~Apr.27~May.18

Each breakfast is served with 1 cup of fruit and choice of cold 1% or Fat-Free milk.

Cabot School District

Food Service Depart-
ment

602 N. Lincoln Street

501-743-3598

Breakfast \$1.25

Reduced Breakfast \$0.30

Lunch \$2.30

Reduced Lunch \$0.40