

MAY 2024

JFK Middle School Menu

LUNCH

BREAKFAST IS SERVED EACH MORNING AT JFK Middle School

****NOTE: ONE Breakfast per day FREE OF CHARGE****

JFK Breakfast consists of a choice of Breakfast Packs (WG cereal bowl, Muffins, WG snack, juice box, Fruit & Choice of Milk- 1% White or Fat Free Chocolate

~In addition to this menu, students can choose from:

Fast Food-Assortment of hot wrapped sandwiches and burgers

Deli Shop-Assortment of cold sandwiches including turkey, turkey ham, PB&J and entrée salads such as Chef Salads, Grilled Chicken Caesar & seasonal salads.

Yogurt is always available as well either a la carte or as a meal. HUMMUS IS OFFERED EVERY DAY!

MIDDLE SCHOOL LUNCH PAID PRICE: \$2.25. Reduced price lunch NO CHARGE this school year

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Help Wanted- Part time hours. Work while students are in school! Call 860-253-6511 for more information! **

Menu Subject to Change Based on Availability

Chicken Patty
On a Roll
Carrots
Oven Baked Potato
Wedges

6

Meatball Grinder
With Mozzarella cheese
Green Beans
Oven Baked Tots

7

Pasta- Plain or with
Meat Sauce
Steamed Broccoli
Salad Whole Grain
Dinner Roll

1

Warm Mini Waffles
Sausage Links (Chicken)
Hash Brown Potato
Mixed Vegetables

2

Grilled Cheese
Tomato Soup
Green Beans
Oven Baked Potato
Wedges

3

Chicken Nuggets
Potato Wedges
Peas and Carrots
Whole Grain Dinner
Roll

13

Cheese Calzone
Marinara Dipping
Sauce
Potato Wedges
Mixed Vegetables

14

Pasta- Plain or with
Meat Sauce
Steamed Broccoli
Salad Whole Grain
Dinner Roll

8

Chicken Fajita
Flour Tortilla
Cheddar Cheese Rice
Salsa Sour Cream
Corn Refried Beans

9

Macaroni & Cheese
Green Beans
Potato Wedges
Whole Grain Dinner
Roll

10

Spicy Chicken on a
Tortilla Wrap
Cooked Carrots
Oven Baked Tots

20

Breaded Mozzarella Sticks
Marinara Cup
Peas & Carrots
Hash Brown Patty
Whole Grain Dinner Roll

21

Pasta- Plain or with
Meat Sauce
Steamed Broccoli
Salad Whole Grain
Dinner Roll

15

Baked Potato Bar
Taco Meat
Cheddar Cheese, Sour
Cream, Steamed Broccoli
Whole Grain Dinner Roll

16

Mini Corn Dogs
Green Beans
Potato Wedges
Whole Grain Dinner
Roll

17

Pasta- Plain or with
Meat Sauce
Steamed Broccoli
Salad Whole Grain
Dinner Roll

22

Nacho Taco Day
Seasoned Beef
Tortilla Chips Salsa
Cheddar Cheese,
Spanish Rice , Refried
Beans, Corn, Sour Cream

23

Hot Dog Day
Baked Vegetarian
Beans
Green Beans
Potato Wedges

24

**NO SCHOOL
**THIS INSTITUTION
IS AN EQUAL
OPPORTUNITY
EMPLOYER****

27

Meatball Grinder
With Mozzarella cheese
Green Beans
Oven Baked Tots

28

Pasta- Plain or with
Meat Sauce
Steamed Broccoli
Salad Whole Grain
Dinner Roll

29

Baked Chicken Patty
On a Roll
Corn
Oven Baked Tots

30

Grilled Cheese
Tomato Soup
Green Beans
Oven Baked Potato
Wedges

31