

# JD Middle School Menu

# October 2019

Menu Subject to Change

Jamesville DeWitt Central School District Is An Equal Opportunity Provider and Employer

## MONDAY

**National Apple Month**  
11<sup>th</sup>  
**National Sausage Pizza Day**

7 Mini Chicken Corn Dogs  
Sweet Potato Wedge  
Seasoned Corn

14 **No School**  
**Columbus Day**

21 Popcorn Chicken W/ Hawaiian Roll  
Sweet Potato Wedges  
BBQ Baked Beans

28 Pizza Crunchers w/ Marinara Sauce  
Orange Glazed Carrots  
Seasoned Green Beans

## TUESDAY

1 Sloppy Joe On Kaiser Roll  
Steamed Corn  
Seasoned Green Beans  
Fresh Fruit  
Rice Krispy Treat

8 Chicken Broccoli Pasta Alfredo & Garlic Breadstick  
Seasoned Green Beans  
Fresh Fruit

15 Cheese or Pepperoni Calzone  
Seasoned Green Beans  
Baby Carrots w/ Dip  
Fresh Fruit

22 Macaroni & Cheese w/ Dinner Roll  
Seasoned Green Beans  
Sweet Green Peas  
Fresh Fruit

29 Chicken Patty on WG Bun  
Steamed Carrots  
Seasoned Green Beans  
Fresh Fruit

## WEDNESDAY

2 Turkey and Cheese Pretzel Melt  
Sweet Potato Fries  
Garden Salad w/ Dressing

9 Yom Kippur  
No School

16 Hot Turkey & Gravy w/ Biscuit  
Mashed Potatoes  
Seasoned Corn

23 French Toast Sticks w/ Chicken Sausage  
Hash Brown Patty  
100% Fruit-Vegetable Juice

30 Chicken & Potato Bowl w/ Biscuit  
Mashed Potatoes  
Corn

## THURSDAY

3 Fish Nuggets On WG Roll  
Cole Slaw  
Baked French Fries  
Fresh Fruit

10 Walking Taco  
Black Bean & Corn Salsa  
Refried Beans  
Fresh Fruit

17 Asian Chicken w/ Fried Rice & Fortune Cookie  
Vegetable Eggroll  
Seasoned Carrots  
Fresh Fruit

24 Toasted Cheese Sandwich  
Tomato Soup w/ Cheese Its  
Baby Carrots w/ Dip  
Fresh Fruit

31 Beef Nachos w/ Seasoned Riced  
Black Bean & Corn Salsa  
Refried Beans  
Fresh Fruit  
**Halloween**

## FRIDAY

4 French Bread Pizza  
Tossed Salad w/ Dressing  
Seasoned Broccoli  
Fresh Fruit

11 **Homemade Sausage or Cheese Pizza**  
Tossed Salad w/ Dressing  
Seasoned Broccoli  
Fresh Fruit

18 Wild Mike's Pizza  
Tossed Salad w/ Dressing  
Seasoned Broccoli  
Fresh Fruit

25 Homemade Pizza  
Tossed Salad w/ Dressing  
Seasoned Broccoli  
Fresh Fruit

**Available with All Lunches**  
Assorted Fruit Cups  
Milk Choice

### Second Choice

Monday – Bacon Cheese Burger Deluxe  
Tuesday – Breaded Chicken Sandwich  
Wednesday – Chicken Quesadilla  
Thursday – Popcorn Chicken  
Friday – Pizza Crunchers

### Available Daily

Assorted Pizza, PB & J, Salad of the day, and Assorted Sandwiches

Breakfast	\$2.10
Lunch	
Elementary Schools	\$2.85
Middle Schools	\$3.20
High Schools	\$3.25
Milk	\$0.85

Visit our website to print an application and to view menus.  
[www.jd.cnyric.org](http://www.jd.cnyric.org)

What food group is not a source of carbohydrates?

Meat/Meat Alternates