

**Clovis,
Sterling, and
Eastmont Junior High**

October 2019



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EVERYDAY CHOICES

Chicken Caesar Salad, Chef Salad,
Sunbutter and Jelly Sandwich
Rotating Special Salad and Sandwich

Built to Order Subs on a Variety of Freshly Baked Rolls. Featuring Deli Sliced Turkey, Turkey Ham, Cheeses, and fresh vegetable toppings. Includes a trip through the Thrive Garden Bar.

	10/1	10/2	10/3	10/4
	Grilled Cheese Sandwich Tomato Soup	Spaghetti & Meat Sauce Caesar Salad	Meatball Sub Sandwich Tater Tots	Corn Dog French Fries
10/7 Chipotle Beef Enchilada	10/8 Buffalo Chicken Tot'chos	10/9 Chicken & Waffles	10/10 Baked Chicken w/ Cheesy Mashed Potatoes / WG Roll	10/11 No School Professional Development Day
10/14 Cheese Lasagna Roll-Up Caesar Salad	10/15 Orange Chicken w/ Rice	10/16 Spicy Chicken Sandwich Tater Tots	10/17 Popcorn Chicken Potato Bowl, Corn, Gravy, Roll	10/18 Chili Frito Pie
10/21 Pretzel & Cheese Sauce	10/22 Teryaki Chicken w/ Rice & Sesame Carrots	10/23 Chicken Posole w/ Chef's Toppings & Tortilla Chips	10/24 Beat the Heat! Nuclear Chicken Sandwich	10/25 Swedish Meatballs Mashed Potatoes, Rolls
10/28 Macaroni & Cheese w/ Buffalo Chicken	10/29 Sweet & Sour Chicken w/ Rice	10/30 Halloween Celebration Mummy Dogs	10/31 No School Parent Conferences	All meals include a trip through our Thrive Garden Bar & Low Fat or Fat Free Milk



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A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety
Locally Grown items are offered whenever seasonally available
Low Fat or Fat Free Milk included with all meals



Built the way you like it - South of the Border Bar

Featuring taco meat, refried beans, shredded Cheddar cheese, & nacho cheese.

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All meals include a trip through the Thrive Garden Bar



EVERYDAY CHOICES

Hamburger, Cheeseburger,
or Chicken Burger

All sandwiches served on WW buns, with oven baked fries or tater tots, & a trip through the Thrive Garden Bar.



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EVERYDAY CHOICES

Pepperoni Pizza, Cheese Pizza, Daily Special

All pizzas feature low fat cheese, low sodium sauce, & whole grain crusts.
All meals include a trip through the Thrive Garden Bar.

Meal Prices - Student Full Price K-7: Breakfast \$1.50, Lunch \$2.75
Student Full Price Grades 8-12: Breakfast \$1.75, Lunch \$3.00
Student Reduced Price: Breakfast – No Charge; K-3: Lunch No Charge; Grades 4-12 Lunch \$0.40
Milk Only \$.35 Adult: Breakfast \$2.25, Lunch \$4.00

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Vegetarian

To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

