

# Menus

School: Virginia Junior High School

Academic Year: 2024-25

Meal: All

Month: October 2024

October				
M	Tu	W	Th	F
<p>30</p> <p><b>Breakfast:</b> Cereal Mandarin Oranges 100% Apple Juice Milk</p> <p><b>Lunch:</b> Chicken Nuggets Mashed Potatoes/Gravy Peas Pineapple Milk</p> <p>A la Carte-Tenderloin</p>	<p>1</p> <p><b>Breakfast:</b> Cinnamon Toast Crunch French Toast Syrup Peaches 100% Apple Juice Milk</p> <p><b>Lunch:</b> Chili Peas Grilled Cheese Crackers Pears or Applesauce Milk</p> <p>A la Carte- Hot Dog</p>	<p>2</p> <p><b>Breakfast:</b> Cherry Strudel Mixed Fruit 100% Apple Juice Milk</p> <p><b>Lunch:</b> Chicken Patty/WG Bun Baked Beans Potato Wedges Mixed Fruit or Pineapple Milk</p> <p>A la Carte- Italian Panini</p>	<p>3</p> <p><b>Breakfast:</b> Breakfast Pizza Pineapple 100% Apple Juice Milk</p> <p><b>Lunch:</b> Chicken Strip Ponyshoe Green Beans Mandarin Oranges or Pears Milk</p> <p>A la Carte- Ham &amp; Cheese Sandwich</p>	<p>4</p> <p><b>Breakfast:</b> Cinnamon Muffin String Cheese Applesauce 100% Apple Juice Milk</p> <p><b>Lunch:</b> Hamburger/WG Bun Potato Smiles Carrots Applesauce or Peaches Milk</p> <p>Option #2- Salad Bar</p>
<p>7</p> <p><b>Breakfast:</b> Waffle/Syrup Mandarin Oranges 100% Apple Juice Milk</p> <p><b>Lunch:</b> Chicken Alfredo Cheesy Breadstick Peas or Carrots Pineapple or Applesauce Milk</p> <p>A la Carte- Bacon Cheeseburger</p>	<p>8</p> <p><b>Breakfast:</b> Bagel/Cream Cheese Yogurt Peaches 100% Apple Juice Milk</p> <p><b>Lunch:</b> Pancakes Sausage Hash brown Hot Apples or Peaches Milk</p> <p>A la Carte- Hot Turkey &amp; Cheese</p>	<p>9</p> <p><b>Breakfast:</b> Mini Donuts Mixed Fruit 100% Apple Juice Milk</p> <p><b>Lunch:</b> Hot Ham &amp; Cheese on Pretzel Bun Chips Corn or Green Beans Mixed Fruit or Mandarin Oranges Milk</p> <p>A la Carte- Chicken Nuggets</p>	<p>10</p> <p><b>Breakfast:</b> Scrambled Eggs/Toast Pineapple 100% Apple Juice Milk</p> <p><b>Lunch:</b> Chicken Wraps Chips Carrots/Ranch Peaches or Pineapple Milk</p> <p>A la Carte- Hawaiian Pizza</p>	<p>11</p> <p><b>Breakfast:</b> Cereal Applesauce 100% Apple Juice Milk</p> <p><b>Lunch:</b> No Lunch Out @ 11:20</p>
<p>14</p>	<p>15</p> <p><b>Breakfast:</b> Cereal Peaches 100% Apple Juice Milk</p> <p><b>Lunch:</b> Fish Sandwich Macaroni and Cheese Carrots or Baked Beans Pears or Mandarin Oranges Milk</p> <p>A la Carte- Chicken Strips</p>	<p>16</p> <p><b>Breakfast:</b> Pumpkin Bread String Cheese Mixed Fruit 100% Apple Juice Milk</p> <p><b>Lunch:</b> Sweet and Sour Chicken Brown Rice Green Beans or Mixed Vegetables Mixed Fruit or Applesauce Milk</p> <p>A la Carte- Pepperoni Pizza Panini</p>	<p>17</p> <p><b>Breakfast:</b> Sausage Gravy on Biscuit Pineapple 100% Apple Juice Milk</p> <p><b>Lunch:</b> Sheppard's Pie Biscuit Pudding Mandarin Oranges or Peaches Milk</p> <p>A la Carte- Corn Dog</p>	<p>18</p> <p><b>Breakfast:</b> Pop Tart Yogurt Applesauce 100% Apple Juice Milk</p> <p><b>Lunch:</b> Bosco Stick Marinara Sauce Salad or Corn Applesauce or Pineapple Milk</p> <p>Option #2- Salad Bar</p>
<p>21</p> <p><b>Breakfast:</b> Breakfast Pizza Bagel Mandarin Oranges 100% Apple Juice Milk</p> <p><b>Lunch:</b> Vegetable Soup Biscuit Yogurt Pineapple or Peaches Milk</p> <p>A la Carte- Grilled Cheese</p>	<p>22</p> <p><b>Breakfast:</b> Pancake/Syrup Peaches 100% Apple Juice Milk</p> <p><b>Lunch:</b> Philly Cheese Steak Sub Chips Carrots or Green Beans Pears or Applesauce Milk</p> <p>A la Carte-Hot Dog</p>	<p>23</p> <p><b>Breakfast:</b> Sausage &amp; Cheese Biscuit Mixed Fruit 100% Apple Juice Milk</p> <p><b>Lunch:</b> Pulled Pork/WG Bun Macaroni &amp; Cheese Peas or Baked Beans Mixed Fruit or Mandarin Oranges Milk</p> <p>A la Carte- Tenderloin</p>	<p>24</p> <p><b>Breakfast:</b> Cereal Pineapple 100% Apple Juice Milk</p> <p><b>Lunch:</b> Walking Tacos(Meat &amp; Cheese) Corn Chips Corn or Refried Beans Peaches or Pineapple Milk</p> <p>A la Carte- Chicken &amp; Bacon Sandwich</p>	<p>25</p> <p><b>Breakfast:</b> Strawberry Bagel Applesauce 100% Apple Juice Milk</p> <p><b>Lunch:</b> Tenderloin/Wg Bun Potato Wedges Green Beans Applesauce or Banana Milk</p> <p>Option #2- Salad Bar</p>
<p>28</p> <p><b>Breakfast:</b> Caramel Mini Cinnis Mandarin Oranges 100% Apple Juice Milk</p> <p><b>Lunch:</b> Popcorn Chicken Mashed Potatoes/Gravy Corn Biscuit Pineapple or Peaches Milk</p> <p>A la Carte- Cheese Pizza</p>	<p>29</p> <p><b>Breakfast:</b> French Toast/Syrup Peaches 100% Apple Juice Milk</p> <p><b>Lunch:</b> Baked Potato WG Roll Pears or Apple Slices Milk</p> <p>A la Carte- Cheesburger</p>	<p>30</p> <p><b>Breakfast:</b> Cereal Mixed Fruit 100% Apple Juice Milk</p> <p><b>Lunch:</b> Chili Peas Grilled Cheese Crackers Mixed Fruit or Applesauce Milk</p> <p>A la Carte- Italian Panini</p>	<p>31</p> <p><b>Breakfast:</b> Breakfast Pizza Pineapple 100% Apple Juice Milk</p> <p><b>Lunch:</b> Happy Halloween! "Ghoul"ash Frog Warts(Peas) Garlic Fingers(Cheesy Breadstick) Frozen Orange Cream Eek Cup Milk</p> <p>A la Carte-Hot Ham &amp; Cheese</p>	<p>1</p> <p><b>Breakfast:</b> Cinnamon Muffin String Cheese Applesauce 100% Apple Juice Milk</p> <p><b>Lunch:</b> Breakfast Pizza Tater Tots Yogurt Applesauce or Grapes Milk</p> <p>Option #2-Salad Bar</p>