

LUNCH & BREAKFAST

MCADAMS JUNIOR HIGH MENU

2019-2020



see schoolcafe.com online or download the app for menus, allergens, nutrients and more

LUNCH PRICE

7th - 8th Grade	\$2.25
Staff	\$4.00
Guest	\$4.50

3 Ways to Pay

1. Online with Credit Card
2. Send Check
3. Send Cash

**ON ANY LINE:
CHOOSE 1 ENTREE,
ANY OR ALL VEGGIES,
1 FRUIT AND 1 MILK**

COUNTRY LINE

entrees made in-house daily, fresh baked rolls and cornbread muffins, fan favorite sides, fresh fruits and ice cold milk.

DAILY SELECTION

Steak Fingers

MON - WED - FRI

Chicken And Waffles with Syrup
Chicken Nuggets
Herb Roasted Chicken

TUES - THURS

Crispy Chicken Strips
BBQ Roasted Chicken
Mac & Cheese with Diced Ham

DAILY GRAIN CHOICE

HOT WINGS
Mon & Fri

TX Pete Poppers
Tues/Wed/Thurs

SALADS & SUBS

salads made in-house daily, home-made soups, garden sides, baked breads, fruit and ice cold milk

DAILY SELECTION

Texas Ranch Salad w/Breadstick
Cobb Salad w/Breadstick
Macaroni and Ham Salad
Ham & Cheese Hoagie with Baked Lays
Baked Potato with Shredded Cheese

ADD A SOUP

Choose from 2 Daily

DAILY GRAIN CHOICE

NACHO BAR

make your own nacho's with choice of meat, chips, queso and a variety of sides, fresh fruits and ice cold milk.

DAILY SELECTION

Chicken Fajita Meat Or
Seasoned Ground Meat
Nacho Chips
Queso
Stacked Enchiladas (T/TH)

BURGER BAR

beef patties or antibiotic free Tyson chicken on a whole grain bun with a burger's favorite sides, fresh fruits and ice cold milk.

DAILY SELECTION

Cheeseburger Or
Plain Hamburger Or
Crispy Breaded Chicken Burger Or
Spicy Breaded Chicken Burger
Grilled Cheese on Texas Toast

PIZZA LINE

traditional Italian style pizzas seasoned with herbs, topped with 100% mozzarella cheese, garden fresh salads and other veggie sides, fresh fruits and ice cold milk.

DAILY SELECTION

Cheese Pizza Or
Pepperoni Pizza Or
Specialty Pizza

JUNIOR HIGH BREAKFAST

CHOOSE 1 ENTREE,
1 JUICE, 1 FRUIT AND 1 MILK

WHOLE GRAINS, FRUIT, & MILK

homemade cinnamon rolls, muffins,
piggies and pig-in-a-blankets,

ENTREES

Egg, Cheese & Sausage Biscuit (M/W/F)
Chicken Biscuit (T/Th)

DAILY:

Sausage Kolache

Cinnamon Roll

Yogurt & String Cheese

Cinnamon Toast with Sausage

Variety of Cereal

OR Grab-n-Go Snack Pack

FRUIT CHOICE

JUICE CHOICE

1% OR SKIM MILK

Menu Subject to Change

Non-Discrimination Statement

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at:

http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.
This institution is an equal opportunity provider

BREAKFAST PRICE

7th-8th Grade	FREE
Staff	\$2.25
Guest	\$2.25

Oh Yes! IT'S
FREE
for students

Save Money & Time !!

AT BREAKFAST:
CHOOSE 1 ENTREE,
1 FRUIT, 1 JUICE
AND 1 MILK

BREAKFAST IMPROVES

ATTENDANCE

CONCENTRATION

BEHAVIOR

TEST SCORES

ATTENTION

ENERGY

School Nutrition Policy: The Texas Department of Agriculture does not regulate what parents send with their child for lunch, but parents are prohibited from providing outside food, drinks, or meals for students other than their own. Students may not share their food with others. In addition, an adult is not allowed to consume all or part of a meal served to a student. For more detailed information, visit www.squaremeals.org or district web page for our district Wellness Policy, Smart Snacks in Schools and other department information.

 @gatorfoodies

FOOD & NUTRITION

DICKINSON, TX