



**Make MyTray Healthy!**  
All School Meal Customers Must Choose:  
**1 Juicy Fruit OR 1 Colorful Vegetable**  
**& 2-4 Additional Different Food Group Choices**

**Parents can....**  
Deposit funds in their student's meal account any time!  
View cafeteria purchases!  
Track meal account balances!  
Set up low-balance e-mail reminders!  
Schedule recurring payments!

Go to [mySchoolBucks.com](http://mySchoolBucks.com)

**First things First**  
**BREAKFAST @SCHOOL**  
For first-class learning!

**AVAILABLE DAILY—**  
**NUTRIENT AND ALLERGEN CONTENT OF MENUS**

Download “School Lunch by Nutrislice” on Google Play and the App Store today! It’s PRICELESS!

Then go to:  
<http://jcschools.nutrislice.com/>  
For details by school and meal time.

**Monday, October 30**

**Breakfast**  
Breakfast Choices  
Fruit, Juice, Milk

**National Candy Corn Day**  
Meatball Sub  
Baked Chips,  
Candy Corn  
**Choose 1 from:**  
Assorted Fruit, Juice  
**Choose 1-2 from:**  
Assorted Veggies, Leafy Green Salad

**AfterSchool Snack**  
Grab and Go Choices

**Tuesday, October 31**

**Breakfast**  
Breakfast Choices  
Fruit, Juice, Milk

**Caramel Apple Day**  
Go-gurt, Turkey Stick,  
Cheese Stick  
Animal Crackers  
**Choose 1 from:**  
**Apple Wedges/Caramel Dip, Juice**  
**Choose 1-2 from:**  
Baby Carrots, Leafy Green Salad

**AfterSchool Snack**  
Grab and Go Choices

**Wednesday, November 1**

**Breakfast**  
Breakfast Choices  
Fruit, Juice, Milk

**Lunch**  
Grilled Chicken Sandwich

**Choose 1 from:**  
Assorted Fruit, Sorbet  
**Choose 1-2 from:**  
Waffle Fries, Assorted Veggies, Leafy Green Salad

**AfterSchool Snack**  
Grab and Go Choices

**Thursday, November 2**

**Breakfast**  
Breakfast Choices  
Fruit, Juice, Milk

**Lunch**  
BBQ on Bun **OR** Turkey Burger  
**Choose 1 from:**  
Fruit, Cooked Apples  
**Choose 1-2 from:**  
Baked Beans, Slaw, Assorted Veggies, Leafy Green Salad  
Mini Rice Krispie Treat

**AfterSchool Snack**  
Grab and Go Choices

**Friday, November 3**

**Breakfast**  
Breakfast Choices  
Fruit, Juice, Milk

**Lunch**  
Spaghetti w Meat Sauce  
Cheese Breadstick  
**Choose 1 from:**  
Assorted Fruit, OJ  
**Choose 1-2 from:**  
Steamed Broccoli, Assorted Veggies, Leafy Green Salad

**AfterSchool Snack**  
Grab and Go Choices

**Monday, November 6**

**Breakfast**  
Breakfast Choices  
Fruit, Juice, Milk

**Lunch**  
Chicken and Waffles  
Syrup  
**Choose 1 from:**  
Fruit, Cooked Apples  
**Choose 1-2 from:**  
Glazed Carrots, Assorted Veggies, Leafy Green Salad

**AfterSchool Snack**  
Grab and Go Choice

**Tuesday, November 7**

**No School Today**

**Wednesday, November 8**

**Breakfast**  
Breakfast Choices  
Fruit, Juice, Milk

**Lunch**  
Teriyaki Chicken  
Rice, 1/2 Egg Roll  
**Choose 1 from:**  
Assorted Fruit, Juice  
**Choose 1-2 from:**  
Steamed Broccoli, Assorted Veggies, Leafy Green Salad

**AfterSchool Snack**  
Grab and Go Choices

**Thursday, November 9**

**Breakfast**  
Breakfast Choices  
Fruit, Juice, Milk

**Lunch**  
Chili Cheese Nachos  
Mexican Rice, Salsa  
**Choose 1 from:**  
Assorted Fruit, Sorbet  
**Choose 1-2 from:**  
Refried Beans, Corn, Assorted Veggies, Leafy Green Salad

**AfterSchool Snack**  
Grab and Go Choices

**Friday, November 10**

**Breakfast**  
Breakfast Choices  
Fruit, Juice, Milk

**Lunch**  
Mini-Pizza Bagels  
**Choose 1 from:**  
Assorted Fruit, OJ  
**Choose 1-2 from:**  
Green Beans, Assorted Veggies, Leafy Green Salad

**AfterSchool Snack**  
Grab and Go Choices

**Monday, November 13**

**Breakfast**  
Breakfast Choices  
Fruit, Juice, Milk

**Lunch**  
Cheese Toast, Tomato Soup, Cheez-its  
**Choose 1 from:**  
Assorted Fruit, Juice  
**Choose 1-2 from:**  
Assorted Veggies, Leafy Green Salad

**AfterSchool Snack**  
Grab and Go Choices

**Tuesday, November 14**

**Breakfast**  
Breakfast Choices  
Fruit, Juice, Milk

**Lunch**  
Hot Dog w trimmings  
Popcorn  
**Choose 1 from:**  
Assorted Fruit, Juice  
**Choose 1-2 from:**  
Slaw, Assorted Veggies, Leafy Green Salad

**AfterSchool Snack**  
Grab and Go Choices

**Wednesday, November 15**

**Breakfast**  
Breakfast Choices  
Fruit, Juice, Milk

**Lunch**  
Ham Biscuit  
Banana Pudding  
**Choose 1 from:**  
Fruit, Cooked Apples  
**Choose 1-2 from:**  
Pinto Beans, Seasoned Potatoes, Assorted Veggies, Leafy Green Salad

**AfterSchool Snack**  
Grab and Go Choices

**Thursday, November 16**

**Breakfast**  
Breakfast Choices  
Fruit, Juice, Milk

**Lunch**  
Cheeseburger Pizza  
**Choose 1 from:**  
Assorted Fruit, Sorbet  
**Choose 1-2 from:**  
Corn, Assorted Veggies, Leafy Green Salad

**AfterSchool Snack**  
Grab and Go Choices

**Friday, November 17**

**Breakfast**  
Breakfast Choices  
Fruit, Juice, Milk

**Thanksgiving Lunch**  
Turkey w Gravy Dressing, WW Roll  
Harvest Cake  
**Choose 1 from:**  
Cranberry Sauce, OJ  
**Choose 1-2 from:**  
Steamed Broccoli, Mashed Potatoes, Assorted Veggies

**AfterSchool Snack**  
Grab and Go Choices