



Johnson County Middle School  
Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Salisbury Steak w/Gravy/Roll</b> <b>Sweet and Sour Chicken Roll</b> <b>Get Fit Combo</b>  Savory Rice Corn on Cob Green Beans	<b>Spaghetti/Roll Turkey/Cheese Sandwich</b> <b>Get Fit Combo</b>  Oriental Blend Yam Patties	<b>Corndog Nuggets Sloppy Joe/Bun</b> <b>Get Fit Combo</b>  Seasoned Vegetarian Beans Steamed Cabbage Raw Carrots	<b>Chicken Strips Hot Ham &amp; Cheese</b> <b>Get Fit Combo</b>  Creamed Potatoes Breaded Okra Steamed Broccoli	<b>Hot Wings Sausage Dog</b> <b>Get Fit Combo</b>  Oven Fries Steamed Carrots Brussel Sprouts
<b>Spicy Chick Fillet BBQ Sandwich</b> <b>Get Fit Combo</b>  Squash Casserole Lemon Peppered Broccoli Dill Spears	<b>Taco Chili Dog</b> <b>Get Fit Combo</b>  Lettuce/Salsa Cheese/Pickle Tater Tots Steamed Carrots	<b>Baked Chicken Roll Green Beans</b> <b>Creamed Potatoes Black-eyed Peas</b> (or) <b>Salad Bar</b> <b>Get Fit Combo</b>	<b>Beefy Mac/Roll Ground Beef &amp; Spanish Rice</b> <b>Get Fit Combo</b>  Whole Kernel Corn Sweet Potato Fries	<b>Hot Wings Sausage Dog</b> <b>Get Fit Combo</b>  French Fries Baked Beans Carrot Cup
<b>Totchos/Roll Chicken Nuggets/Roll</b> <b>Get Fit Combo</b>  Green Beans Corn on Cob California Blend	<b>Beef Nachos Tortilla Chips Quesadillas/Salsa</b> <b>Get Fit Combo</b>  Breaded Squash Seasoned Vegetarian Beans Carrot/Tomato Cup	<b>Chicken Strips/Roll Salad Bar</b> <b>Get Fit Combo</b>  Creamed Potatoes Garden Peas Garden Salad	<b>BBQ Chicken Pizza Burger</b> <b>Get Fit Combo</b>  Sweet Potato Fries Cabbage	<b>Hot Wings/Roll Pizza</b> <b>Get Fit Combo</b>  Whole Kernel Corn Oven Fries Carrot Cup
<b>Cheeseburger Hot Ham &amp; Cheese</b> <b>Get Fit Combo</b>  Creamed Potatoes Breaded Okra Steamed Broccoli	<b>Spaghetti/Roll Steak Nuggets/Roll</b> <b>Get Fit Combo</b>  Collard Greens Yam Patties	<b>Corndog Nuggets Sloppy Joe/Bun</b> <b>Get Fit Combo</b>  Seasoned Vegetarian Beans Steamed Cabbage Raw Carrots	<b>Buffalo Chicken Bites Pizza</b> <b>Get Fit Combo</b>  Whole Kernel Corn Oven Fries Steamed Carrots Dill Spears	<b>Student Holiday Staff-Professional Learning</b>
<b>Taco Soup Tortilla Chips Chicken Nuggets/Roll</b> <b>Get Fit Combo</b>  Green Beans Corn on Cob California Blend	<b>Seasoned Baked Chicken Pizza Burger</b> <b>Get Fit Combo</b>  Collard Greens Whole Kernel Corn Black-eyed Peas	Harvest of the Month Root Vegetables (carrots, beets, radishes)  	<b>Milk Choices Are Offered Daily</b> ~ <b>Chilled and/or Fresh Fruit offered daily.</b>	All menus are subject to change due to product availability and vendor deliveries.

Root vegetables come in many sizes, shapes, and colors. They all provide fiber and are a great way to add color to your plate.



This institution is an equal opportunity provider.