

LUNCH

All months Monday – Friday

JFK MIDDLE School Fast Food DELI Menu

New Meal Pattern is here!! Per federal guidelines, students must take at least three items and one MUST be at least a half cup serving of fruit or vegetable with their meal. A choice of fruit is offered daily. Low fat white or non fat flavored milk offered with every meal. Deli sandwiches are available on whole wheat or white bread. Salads include a choice of whole wheat or white grain component and cheese or beans as vegetarian option. Peanut Butter & Jelly and Cheese Sandwiches are available every day on either whole wheat or white bread. .



* Monday

* Tuesday

* Wednesday

* Thursday

* Friday

HOT:
Rib-B-Q Sandwich
Hot Dog Hamburger
DELI: Chicken Salad Sandwich
Turkey or Ham Sandwich
Salad Plates of the Day

1

HOT:
Ham, Egg & Cheese Muffin
Hot Dog Hamburger
DELI: Turkey or Ham Sandwich
Salad Plates of the Day

2

HOT:
Hot Ham & Cheese WW Roll
Hamburger Hot Dog
DELI: Egg Salad Sandwich
Turkey or Ham Sandwich
Salad Plates of the Day

3

HOT:
UNO Pizza Day
DELI: Turkey or Ham Sandwich
Salad Plates of the Day

4

HOT: Fish & Cheese Sandwich
Hot Dog Hamburger
DELI: Tuna Salad Sandwich
Turkey or Ham Sandwich
Salad Plates of the Day

5

HOT:
Rib-B-Q Sandwich
Hot Dog Hamburger
DELI: Chicken Salad Sandwich
Turkey or Ham Sandwich
Salad Plate of the Day

8

HOT:
Ham, Egg & Cheese Muffin
Hot Dog Hamburger
DELI: Turkey or Ham Sandwich
Salad Plates of the Day

9

HOT:
Hot Ham & Cheese WW Roll
Hamburger Hot Dog
DELI: Egg Salad Sandwich
Turkey or Ham Sandwich
Salad Plates of the Day

10

HOT:
UNO Pizza Day
DELI: Turkey or Ham Sandwich
Salad Plates of the Day

11

HOT: Fish & Cheese Sandwich
Hot Dog Hamburger
DELI: Tuna Salad Sandwich
Turkey or Ham Sandwich
Salad Plates of the Day

12

HOT:
Rib-B-Q Sandwich
Hot Dog Hamburger
DELI: Chicken Salad Sandwich
Turkey or Ham Sandwich
Salad Plate of the Day

15

HOT:
Ham, Egg & Cheese Muffin
Hot Dog Hamburger
DELI: Turkey or Ham Sandwich
Salad Plates of the Day

16

HOT:
Hot Ham & Cheese WW Roll
Hamburger Hot Dog
DELI: Egg Salad Sandwich
Turkey or Ham Sandwich
Salad Plates of the Day

17

HOT:
UNO Pizza Day
DELI: Turkey or Ham Sandwich
Salad Plates of the Day

18

HOT: Fish & Cheese Sandwich
Hot Dog Hamburger
DELI: Tuna Salad Sandwich
Turkey or Ham Sandwich
Salad Plates of the Day

19

HOT:
Rib-B-Q Sandwich
Hot Dog Hamburger
DELI: Chicken Salad Sandwich
Turkey or Ham Sandwich
Salad Plate of the Day

22

HOT:
Ham, Egg & Cheese Muffin
Hot Dog Hamburger
DELI: Turkey or Ham Sandwich
Salad Plates of the Day

23

HOT:
Hot Ham & Cheese WW Roll
Hamburger Hot Dog
DELI: Egg Salad Sandwich
Turkey or Ham Sandwich
Salad Plates of the Day

24

HOT:
UNO Pizza Day
DELI: Turkey or Ham Sandwich
Salad Plates of the Day

25

HOT: Fish & Cheese Sandwich
Hot Dog Hamburger
DELI: Tuna Salad Sandwich
Turkey or Ham Sandwich
Salad Plates of the Day

26

HOT:
Rib-B-Q Sandwich
Hot Dog Hamburger
DELI: Chicken Salad Sandwich
Turkey or Ham Sandwich
Salad Plate of the Day

29

HOT:
Ham, Egg & Cheese Muffin
Hot Dog Hamburger
DELI: Turkey or Ham Sandwich
Salad Plates of the Day

30

HOT:
Hot Ham & Cheese WW Roll
Hamburger Hot Dog
DELI: Egg Salad Sandwich
Turkey or Ham Sandwich
Salad Plates of the Day

31

“Sides” Available Every Day:
Assorted fresh Vegetable Cups (includes beans and legumes) and fresh & canned Fruit Cups.
Condiments offered daily are: Ketchup, Mustard, Light Mayo, Ranch & Italian dressing.

Fast Food Potato Choices:
Monday and Friday = Wedges
Tuesday = Hash Brown Patty
Wednesday = Potato Puffs
Corn and Tossed Salad is served on Thursday Pizza Day!