



WEEK 1

LUNCH	MONDAY 9/22	TUESDAY 9/23	WEDNESDAY 9/24	THURSDAY 9/25	FRIDAY 9/26
SIGNATURE	Fun Day Crispy or Spicy Chicken Sandwich Onion Rings Potato Salad Carb Counts: Bun=39g Crispy or Spicy Patty=13g Onion Rings=37.5g Potato Salad=10g	Taco Tuesday Burrito Bowl Rice Beef or Chicken Refried Beans Pico De Gallo and Fresh Toppings Carb Counts: Rice=23g Beef=2.6g Chicken=4g Beans=10g Pico de Gallo=2g	Choices Hot Dog Bar Chili Cheese Onions Mixed Veggies Carb Counts: Hot dog bun=24g Hot dog=1g Chili=10g Onion=1g Cheese sauce=5g Veggies= 19g	Home Style Jaguar Bowl, Mashed Potato, Popcorn Chicken, Brown Gravy, Cheese and Roasted Corn Carb Counts: Mash Potato=17.5g Popcorn Chicken=25g Brown Gravy=4g Cheese=1g Corn=16.3g	Pizza Day Cheese Pizza Or Pepperoni Pizza Cole Slaw Carb counts: Cheese or Pepperoni Pizza=53g Cole Slaw=8.5g
GRILL	Corn Dog Carb Counts: Corn dog=27g	BBQ Wings Carb Count: BBQ Wings=29g	Cheese Quesadilla Carb Counts: Cheese Quesadilla=26g	Bacon Cheeseburger Carb Count: Buns=39g Cheese=1g Burger=0g Bacon=0g	Meatball Sub Carb Counts: Buns=34g Meatball=5g Sauce=8g Cheese=1g
PRODUCE BAR	Chopped Romaine, Cherry tomato, baby Carrots, Broccoli, cucumbers, celery, Assorted peppers, Cauliflowers, Hummus, Grapes, Pineapples, Peaches, Apples, Oranges, Bananas and Composed Salads.				

MAKE IT A MEAL!

A meal includes grain, protein, fruit, vegetable and milk. Be sure to take at least three components of a meal (including ½ cup of fruit or vegetable) to receive our meal pricing!

Lunch: \$5.25

Extra Milk: \$0.75

Grill: \$4.00

Questions or special requests regarding food sensitivities?

Contact us! We're happy to work together to support your student!

Access the week menus through the page stjudejaguars.org

Oscar Graham

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