

Cass Junior High School

September 2021

8/30

Chicken Nuggets
Dinner Roll
or
Turkey Ham & Cheddar
Sandwich

Tater Tots
Baby Carrots
100% Fruit Juice

8/31

Hot Dog
or
Ranch Chicken Wrap

Green Beans
.Fresh Broccoli
Diced Peaches

9/1

French Toast Sticks
W/ Syrup
String Cheese
or
Sunbutter & Jelly Sandwich

Corn
Baby Carrots
Fresh Apple

2

Cheeseburger
or
Sunbutter & Jelly Sandwich

Tater Tots
Romaine Salad
100% Fruit Juice

3

Italian Mozzarella Melt
or
Turkey & Cheese Sandwich

Corn
Celery Sticks
Applesauce

6

Labor Day

No School

7

Hamburger
or
Sunbutter & Jelly Sandwich

Baked Beans
Baby Carrots
Applesauce

8

Chicken Nuggets
Soft Pretzel
or
Ranch Chicken Wrap

Green Beans
.Fresh Broccoli
100% Fruit Juice

9

Pancakes W/Syrup
or
Chicken Ham & Cheese
Sandwich

Tater Tots
Romaine Salad
100% Fruit Juice

10

Early Dismissal

No Lunch

13

Chicken Patty Sandwich
or
Turkey Ham & Cheddar
Sandwich

Tater Tots
Baby Carrots
Apple

14

Soft Shell Taco
or
Ranch Chicken Wrap

Baked Beans
Baby Carrots
Applesauce

15

Hot Dog
or
Sunbutter & Jelly Sandwich

Corn
Fresh Broccoli
Diced Peaches

16

Popcorn Chicken
W/Dinner Roll
or
Turkey & Cheese Sandwich

Tater Tots
Romaine Salad
100% Fruit Juice

17

Corn Dog
or
Chicken Ham & Cheese
Sandwich

Corn
Celery Sticks
Applesauce

20

Pizza Sticks
or
Turkey Ham & Cheddar
Sandwich

Tater Tots
Baby Carrots
100% Fruit Juice

21

Chicken Patty Sandwich
or
Sunbutter & Jelly Sandwich

Green Beans
.Fresh Broccoli
Diced Peaches

22

Chicken Nuggets
Soft Pretzel
or
Ranch Chicken Wrap

Corn
Baby Carrots
Fresh Apple

23

Cheeseburger
or
Sunbutter & Jelly Sandwich

Tater Tots
Romaine Salad
100% Fruit Juice

24

Mac & Cheese
or
Turkey & Cheese Sandwich

Corn
Celery Sticks
Applesauce

27

Chicken Nuggets
Dinner Roll
or
Turkey Ham & Cheddar
Sandwich

Tater Tots
Baby Carrots
100% Fruit Juice

28

Hot Dog
or
Ranch Chicken Wrap

Green Beans
.Fresh Broccoli
Diced Peaches

29

French Toast Sticks
W/ Syrup
String Cheese
or
Sunbutter & Jelly Sandwich

Corn
Baby Carrots
Fresh Apple

30

Cheeseburger
or
Sunbutter & Jelly Sandwich

Tater Tots
Romaine Salad
100% Fruit Juice

10/1

Italian Mozzarella Melt
or
Turkey & Cheese Sandwich

Corn
Celery Sticks
Applesauce

Student Lunch Free to all students

Milk Offered Daily as part of lunch

All menus meet or exceed current USDA or state-specific Dietary Guidelines for the Healthy, Hunger-Free Kids Act.

Items listed with a **RED*** may contain Pork

All of our grain products are whole-grain rich

Menus are subject to change without notice