




## Quincy Junior High School September 2021

	<p style="text-align: center;"><b>BREAKFAST FREE</b></p> <p style="text-align: center;"><b>LUNCH FREE</b></p>	<p><i>1 Breakfast Burritos or Cereal</i> Fruit or Juice</p> <p>Chicken Bacon Twister <b>Ham &amp; Cheese Sub.</b></p> <p>Green Beans Salad Fruit Variety Milk</p>	<p><i>2 Chocolate Bread or Cereal</i> Fruit or Juice</p> <p>General Tso Chicken <b>Ham &amp; Cheese Sub.</b></p> <p>Rice/ Mixed Vegetables Baby Carrots Fruit Variety Milk</p>	<p><i>3 Donut or Cereal</i> Fruit or Juice</p> <p>Taquitos <b>Sub. Sandwich</b></p> <p>Taco Beans Salad Fruit Variety Milk</p>
	<p><i>7 Muffin &amp; Yogurt or Cereal</i> Fruit or Juice</p> <p>Pepperoni Calzones <b>Turkey &amp; Cheese Sub.</b></p> <p>Glazed Carrots</p> <p>Fruit Variety Milk</p>	<p><i>8 Flapstick or Cereal</i> Fruit or Juice</p> <p>Chicken Nuggets <b>Turkey &amp; Chees Sub.</b></p> <p>Corn Bread/Butter Fruit Variety Milk</p>	<p><i>9 Cinnamon Burst Bread or Cereal</i> Fruit or Juice</p> <p>Chicken Quesadilla <b>Ham &amp; Cheese Sub.</b></p> <p>Taco Beans Salad Fruit Variety Milk</p>	<p><i>10 French Toast Sticks &amp; Sausage or Cereal</i> Fruit or Juice</p> <p>Cheeseburger <b>Sub. Sandwich</b></p> <p>Green Beans</p> <p>Fruit Variety Milk</p> 
<p><i>13 Pancakes or Cereal</i> Fruit or Juice</p> <p>Pony Shoe <b>Ham/Cheese</b></p> <p>French Fries/Cheese Baby Carrots Fruit Variety Milk</p>	<p><i>14 Biscuits &amp; Gravy or Cereal</i> Fruit or Juice</p> <p>Stuffed Crust Pizza <b>Turkey &amp; Cheese Sub</b></p> <p>Corn Salad Fruit Variety Milk</p> 	<p><i>15 Waffles or Cereal</i> Fruit or Juice</p> <p>Chicken Alfredo <b>Ham &amp; Cheese Sub.</b></p> <p>Broccoli Salad Fruit Variety Milk</p>	<p><i>17 Egg &amp; Cheese Croissant or Cereal</i> Fruit or Juice</p> <p>4-Cheese Garlic Bread <b>Ham &amp; Cheese Sub.</b></p> <p>Peas</p> <p>Fruit Variety Milk</p>	<p><i>20 Donuts or Cereal</i> Fruit or Juice</p> <p>Bar-B-Que Chicken <b>Sub. Sandwich</b></p> <p>Baked Beans Baby Carrots Fruit Variety Milk</p>
<p><i>21 Cinni Mini or Cereal</i> Fruit or Juice</p> <p>Chili Dog <b>Turkey/Cheese Sub.</b></p> <p>Curly Fries Baby Carrots Fruit Variety Milk</p>	<p><i>22 Banana Bread or Cereal</i> Fruit or Juice</p> <p>Walking Tacos <b>Turkey/ Cheese Sub.</b></p> <p>Refried Beans Salad /Baby Carrots Fruit Variety Milk</p>	<p><i>23 Breakfast Pizza or Cereal</i> Fruit or Juice</p> <p>Chicken Tenders <b>Ham &amp; Cheese Sub.</b></p> <p>Mashed Potatoes Bread/ Butter/ Baby Carrots Fruit Variety Milk</p>	<p><i>24 Frudel or Cereal</i> Fruit Or Juice</p> <p>Teriyaki Chicken <b>Ham &amp; Cheese Sub.</b></p> <p>Rice/ Mixed Vegetables Baby Carrots Fruit Variety Milk</p>	<p><i>25 French Toast Sticks &amp; Sausage</i> Fruit or Juice</p> <p>Wild Mike Pizza <b>Sub. Sandwich</b></p> <p>California Medley</p> <p>Fruit Variety Milk</p>
<p><i>28 Yogurt &amp; Muffins or Cereal</i> Fruit or Juice</p> <p>Tenderloin <b>Turkey/Cheese Sub.</b></p> <p>Coleslaw/ Baby Carrots Lowfat Chips Fruit Variety</p>	<p><i>29 Sausage &amp; Cheese Slider or Cereal</i> Fruit or Juice</p> <p>Big Daddy Buffalo Pizza <b>Turkey &amp; Cheese Sub.</b></p> <p>Corn Salad Fruit Variety</p>	<p><i>30 Pancakes or Cereal</i> Fruit or Juice</p> <p>Chicken Bacon Twister <b>Ham &amp; Cheese Sub.</b></p> <p>Green Beans Salad Fruit Variety</p>	<p><b>Breakfast Cost</b> FREE <b>LUNCH COST</b> FREE</p>	