




This institution is an equal opportunity provider and employer.

# Henry James Memorial School - Grades 7 - 8

## September 12 - 16, 2022

Menu Subject to Change.

DAILY CHOICES	MONDAY 9/12	TUESDAY 9/13	WEDNESDAY- 9/14	THURSDAY- 9/15	FRIDAY- 9/16
<p><b>HJMS Lions Hot Lunch</b></p> 	<p><b>Teriyaki Chicken Bites Fried Rice, Broccoli Fortune Cookie w/ Fruit and Veggie Milk</b></p>	<p><b>Mozzarella Sticks With Marinara Sauce Garden Salad w/Fruit and Veggie Milk</b></p>	<p><b>Grilled Cheese Sandwich With Baked Chips w/Fruit and Veggie of the day Milk</b></p>	<p><b>Cheeseburger or Veggie Burger Potato Tots w/Fuit and Veggie of the day Milk</b></p>	<p><b>French Bread Pizza Fresh Broccoli &amp; Dip w/Fruit and Veggie of the day Milk</b></p>
<p><b>Assorted Wraps &amp; Sandwiches</b> w/Assorted Fruits, Veggies &amp; Milk</p> 	<p><b>Feature of the Week: Turkey BLT w/Fruit and Veggie of the day Milk</b></p>	<p><b>Feature of the Week: Turkey BLT w/Fruit and Veggie of the day Milk</b></p>	<p><b>Feature of the Week: Turkey BLT w/Fruit and Veggie of the day Milk</b></p>	<p><b>Feature of the Week Turket BLT w/Fuit and Veggie of the day Milk</b></p>	<p><b>Feature of the Week: Turkey BLT w/Fruit and Veggie of the day Milk</b></p>
<p><b>Salads w/Fruit &amp; Milk</b></p> 	<p><b>Feature of the Week: Southwest w/Fruit &amp; Veggie Assorted Milk</b></p>	<p><b>Feature of the Week: Southwest w/Fruit &amp; Veggie Assorted Milk</b></p>	<p><b>Feature of the Week: Southwest w/Fruit &amp; Veggie Assorted Milk</b></p>	<p><b>Feature of the Week Southwest w/Fuit and Veggie Assorted Milk</b></p>	<p><b>Feature of the Week: Southwest w/Fruit &amp; Veggie Assorted Milk</b></p>

Lunch is **NO CHARGE** for all students. Lunch consists of an entrée, vegetable and fruit choices, whole grains and low or fat free milk. Students may take three, four or five of these items but must choose at least 1/2 cup of fruits or vegetables and full servings of the other food components. A selection of a la carte items is also available for purchase daily.

**BREAKFAST IS NO CHARGE FOR ALL STUDENTS! NOW SERVED DAILY IN THE CAFETERIA**