

Jones High School

Lunch · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

5

Chicken Waffles sandwich	377 cal
Black Forest Ham & Cheddar Sandwich	290 cal
WG Cheese Pizza	376 cal
WG Buffalo Chicken Pizza	361 cal
Hamburger, 3.0 oz	375 cal
Cheeseburger	410 cal
Turkey Bacon Cheeseburger	460 cal
Popcorn Chicken and Mini Belgium Waffles	413 cal
Emoji Fries	130 cal
Mango Splash Vegetable Juice	60 cal
Harvest Treats Veg Juice	50 cal
Harvest Treats Veg Juice - SD	50 cal
Mix Fruit Cup	80 cal
Fresh Tangerine	40 cal
Red Delicious Apple	75 cal
Golden Delicious Apple	75 cal

6

Philly Cheese Steak Peppers & Onions Sandwich	612 cal
Philly Steak Peppers & Onions Sandwich (No Cheese)	562 cal
Nachos with Carne Asada & Cheese	516 cal
Romaine Chef Salad with Turkey, Egg & Crackers	353 cal
WG Pepperoni Pizza	403 cal
Tomato and Basil Bianca Pizza	429 cal
PBJ Sandwich w/ Goldfish Crackers & Cheese	470 cal
Fresh Steamed Broccoli	150 cal
Sweet Waffle Potato	54 cal
Red Grapes	61 cal
Green Grapes	61 cal
Fruit Juice Blend	60 cal

7

Cajun Spice Wings	418 cal
4 Chicken Wings Lemon Pepper	482 cal
Hummus Platter with Wheat WG Crackers	649 cal
WG Cheese Pizza	376 cal
WG Pepperoni Pizza	403 cal
Butterball Turkey Hot Dog on WG Bun	270 cal
Eisenberg Beef Hot Dog on WG Bun	320 cal
Dinner Roll	110 cal
Cucumber & Carrot Dipper with Ranch Dressing	69 cal
Carrot & Celery Dippers with Ranch Dressing	67 cal
Vegetarian Baked Beans	192 cal
Peach Cup	90 cal
Diced Peach Cup	70 cal
Fresh Apple Slices	30 cal
Red Delicious Apple	75 cal
Golden Delicious Apple	75 cal

8

Chicken Tenders with Sweet Brazilian Bun, MS/HS	400 cal
Breaded Drumstick with Sweet Brazilian Bun	380 cal
Spinach Cobb Salad	419 cal
Vegetarian Cobb Salad with Sweet Brazilian Bun	364 cal
WG Cheese Pizza	376 cal
WG Buffalo Chicken Pizza	361 cal
Grilled Cheese Sandwich	309 cal
Coleslaw	130 cal
Garlic Spinach	94 cal
Dark Green Side Salad	21 cal
Orange Wedges	76 cal
Apple Juice	60 cal
Banana, fresh	146 cal

9

Tangerine Chicken	219 cal
Asian Teriyaki Chicken	180 cal
Turkey & American Sub	311 cal
Garlic French Bread Cheese Pizza	383 cal
Twisted Garlic French Bread Pepperoni Pizza	416 cal
Breaded Chicken Sandwich	340 cal
Spicy Breaded Chicken Sandwich	340 cal
Vegetable Fried Brown Rice	270 cal
Mandarin Carrot Slaw	67 cal
Roasted Green Beans	99 cal
Applesauce 4.5 oz	60 cal
Red Grapes	61 cal
Green Grapes	61 cal
Red Delicious Apple	75 cal
Fresh Tangerine	40 cal
Orange Wedges	76 cal
Fresh Apple Slices	30 cal

12

No menu published	
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13

Turkey Sausage & Cheese on Croissant	321 cal
Breaded Chicken Sandwich	340 cal
Spicy Breaded Chicken Sandwich	340 cal
Four Cheese Pizza Slice	330 cal
Sweet Waffle Potato	150 cal
Mango Splash Vegetable Juice	60 cal
Tropical Trio Juice Slushie	60 cal
Golden Delicious Apple	75 cal
Mix Fruit Cup	80 cal

14

Spinach Cobb Salad	419 cal
Hamburger, 3.0 oz	375 cal
Cheeseburger	410 cal
Sofrito Roasted Chicken Thigh	344 cal
Dinner Roll	110 cal
Garlic Spinach	94 cal
Pinto Beans, 1/2 cup	163 cal
Pinto Beans	163 cal
Strawberry Cup	80 cal
Orange Wedges	76 cal

15

Sandwich, Meatball Sub	458 cal
Romaine Chef Salad with Turkey, Egg & Crackers	353 cal
PBJ Sandwich w/ Goldfish Crackers & Cheese	470 cal
Dark Green Side Salad	21 cal
Fruit Juice Blend	60 cal
Banana, fresh	146 cal

16

Sweet and Spicy Chicken Sandwich	411 cal
Stuffed Cheesy Breadstick	300 cal
Eisenberg Beef Hot Dog on WG Bun	320 cal
Cucumber Dippers with Ranch Dressing	61 cal
Seasoned Crispy Fries	81 cal
Red Delicious Apple	75 cal
Pineapple, Wedges Frozen	30 cal

19

Black Forest Ham & Cheddar Sandwich	290 cal
WG Cheese Pizza	426 cal
Popcorn Chicken and Mini Belgium Waffles	397 cal
Sweet Waffle Potato	150 cal
Mango Splash Vegetable Juice	60 cal
Mix Fruit Cup	80 cal

20

Cilantro Lime Rice Cuban Style Mojo Pork Bowl MS/H	545 cal
Spinach Cobb Salad	419 cal
PBJ Sandwich w/ Goldfish Crackers & Cheese	470 cal
Sweet Plantain Slices	262 cal
Fresh Steamed Broccoli	54 cal
Mixed Berry Fruit Cup	90 cal
Fruit Juice Blend	60 cal

21

Honey BBQ Wings	475 cal
Hummus Platter with Wheat WG Crackers	649 cal
WG Cheese Pizza	426 cal
WG Pepperoni Pizza	403 cal
Sweet Brazilian Bun	170 cal
Carrot & Celery Dippers with Ranch Dressing	67 cal
Vegetarian Baked Beans	192 cal
Peach Cup	90 cal
Fresh Apple Slices	30 cal

22

Pork Chop with Corn Bread	548 cal
Romaine Chef Salad with Turkey, Egg & Crackers	353 cal
Grilled Cheese Sandwich	309 cal
Potatoes, Mashed	48 cal
Fresh Cold Broccoli Salad	141 cal
Orange Wedges	76 cal
Apple Juice	60 cal

23

Tangerine Chicken	219 cal
Turkey & American Wrap	301 cal
Breaded Chicken Sandwich	340 cal
Vegetable Fried Brown Rice	270 cal
Mandarin Carrot Slaw	67 cal
Roasted Green Beans	99 cal
Applesauce 4.5 oz	60 cal
Orange Wedges	76 cal

26

Turkey Sausage & Cheese on Croissant	321 cal
Sandwich, Cheese Croissant	330 cal
Spicy Breaded Chicken Sandwich	340 cal
Sweet Waffle Potato	150 cal
Mango Splash Vegetable Juice	60 cal
Mix Fruit Cup	80 cal

27

California Chicken Burrito	454 cal
Turkey Taco Salad	407 cal
Grilled Cheese Sandwich	310 cal
Salsa Dipping Cup	25 cal
Lettuce & Tomato Cup	16 cal
Pineapple, Wedges Frozen	30 cal
Fruit Juice Blend	60 cal

28

Sofrito Roasted Chicken Thigh	344 cal
Spinach Cobb Salad	419 cal
Hamburger, 3.0 oz	375 cal
Cheeseburger	410 cal
Brown Rice	247 cal
Garlic Spinach	94 cal
Seasoned Black Beans	144 cal
Strawberry Cup	80 cal
Orange Wedges	76 cal

29

Sandwich, Meatball Sub	458 cal
Romaine Chef Salad with Turkey, Egg & Crackers	353 cal
WG Cheese Pizza	426 cal
PBJ Sandwich w/ Goldfish Crackers & Cheese	470 cal
Dark Green Side Salad	21 cal
Fruit Juice Blend	60 cal
Banana, fresh	146 cal

30

Seasonal Shaped Nuggets w/Sweet Brazilian Bun	350 cal
Chicken Salad on Croissant	310 cal
Stuffed Cheesy Breadstick	300 cal
Tomato and Basil Bianca Pizza	429 cal
Butterball Turkey Hot Dog on WG Bun	270 cal
Seasoned Crispy Fries	81 cal
Coleslaw	130 cal
Fresh Apple Slices	30 cal
Pineapple, Wedges Frozen	30 cal

Served every day

Assorted Milk