

Jamestown Middle School  
 Week of SEPTEMBER 1 - 3



	MON. 8/30	TUES. 8/31	WEDNES. 9/01	THURS. 9/02	FRIDAY 9/03
				MEATBALL SUB	GRILLED HAM & CHEESE ON WHOLE WHEAT
				BUFFALO CHICKEN PATTY ON WHOLE WHEAT	SLOPPY JOE ON A WHOLE WHEAT BUN
					PIZZA W/ BUFFALO CHICKEN OR CHEESE PIZZA
<b>PREMIUM PANINI MENU</b> \$3.50 (incl. drink & 2 sides)				SPINACH OMELETTE SUB Spinach, Egg Patties, Cheese, Whole Wheat	CHICKEN PARMESAN On a Whole Wheat Bun
				CAJUN CHICKEN WRAP GARDEN SALAD W/ CHICKEN	TUNA SALAD & LETTUCE WRAP SPINACH SALAD w/ cheese
				ROASTED POTATOES FRESH FRUIT & VEGETABLE SELECTION (local when available)	THREE BEAN SALAD FRESH FRUIT & VEGETABLE SELECTION (local when available)
MILK	<small>In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.</small> <b>A VARIETY OF LOW FAT MILK IS AVAILABLE DAILY</b>				

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Jamestown Middle School  
Week of SEPTEMBER 6 - 10



	MON. 9/06	TUES. 9/07	WEDNES. 9/08	THURS. 9/09	FRIDAY 9/10
		GRILLED CHICKEN BREAST w/ Local Toppings	CHICKEN CACCIATORE (Chicken, Peppers, Onions, Sauce, Whole Wheat Pasta, Garlic Bread)	BBQ MEATLOAF W/ MASHED POTATOES	CHICKEN & SPINACH CALZONE
		JUEVOS RANCHEROS Egg Patties, Salsa, Cheese, Whole Wheat Tortilla	BEEF & BEAN BURROTO	CHICKEN PARMESAN CALZONE	HOT DOG w/ VEGETABLE CHILI on a Whole Wheat Bun
		INDIVIDUAL CHEESE PIZZA			VEGGIE PIZZA OR CHEESE PIZZA
PREMIUM PANINI MENU \$3.50 (incl. drink & 2 sides)		QUESADILLA CHEESE BURGER Burger Patty, Cheese, Salsa, Whole Wheat Tortilla	QUESADILLA CHICKEN Chicken, Salsa, Cheese, Whole Wheat Tortilla	CAJUN CHICKEN WRAP Diced Chicken, Cheese, Creole Sauce, Whole Wheat Wrap	FAJITA CHICKEN BOMB Fajita Chicken, Onions, Peppers, Cheese, Whole Wheat
		GRILLED HAM & CHEESE COBB SALAD	TURKEY & CHEESE SUB GARDEN SALAD w/ Tuna	HAM & CHEESE SUB CAESAR SALAD	TURKEY, HAM & CHEESE SUB GARDEN SALAD w/Tuna
		GARBONZO BEAN SALAD FRESH FRUIT & VEGETABLE SELECTION (local when available)	FRESH FRUIT & VEGETABLE SELECTION (local when available)	MASHED POTATOES FRESH FRUIT & VEGETABLE SELECTION (local when available)	VEGETARIAN CHILI FRESH FRUIT & VEGETABLE SELECTION (local when available)
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Jamestown Middle School  
Week of SEPTEMBER 13 - 17



	MON. 9/13	TUES. 9/14	WEDNES. 9/15	THURS. 9/16	FRIDAY 9/17
	<b>VEGETABLE CHILI W/ LOCAL TOMATOES &amp; PEPPERS in Taco Boat</b>		<b>CREOLE CHICKEN WRAP</b> made w/ Genell Rose Sauce made in Rhode Island	<b>PASTA &amp; SAUCE</b> Made with Catanzaro Sauce made in Rhode Island	<b>TUNA ON WHOLE WHEAT</b>
	<b>CHICKEN NUGGETS w/ Whole Wheat Bread</b>		<b>GRILLED CHICKEN BREAST on WHOLE WHEAT W/ Local Toppings</b>	<b>RHODE ISLAND SAUGIES</b> on Locally Baked Rolls	<b>GRILLED CHEESE</b>
		<b>NO SCHOOL</b>		<b>PIZZA w/ Local Veggies</b>	<b>CHEESE PIZZA w/ Whole Wheat Crust</b>
<b>PREMIUM PANINI MENU</b> \$3.50 (incl. drink & 2 sides)	<b>GRILLED PIZZA W/ BBQ CHICKEN</b>		<b>QUESADILLA CHICKEN</b> Chicken, Salsa, Cheese, Whole Wheat Tortilla	<b>ALL LOCAL DAY</b> Featuring Little Rhody Milk	<b>GRILLED PIZZA W/ ROASTED VEGGIES</b>
	<b>GRILLED CHEESE SPINACH SALAD w/ Cheese</b>		<b>TURKEY &amp; CHEESE WRAP</b> <b>SPINACH SALAD w/ Cheese</b>	<b>LITTLE RHODY EGG SANDWICH</b> <b>MIXED GREEN SALAD w/ Local Eggs</b>	<b>SPINACH SALAD w/ Cheese</b> <b>BRUSCHETTA SALAD w/ Local Tomatoes</b>
	<b>FRESH FRUIT &amp; VEGETABLE SELECTION (local when available)</b>		<b>STEAMED BROWN RICE</b> <b>FRESH FRUIT &amp; VEGETABLE SELECTION (local when available)</b>	<b>Low Fat Chocolate chip Cookie Offerings Bar w/ Locally Grown Fruits and Vegetables</b>	<b>FRESH FRUIT &amp; VEGETABLE SELECTION (local when available)</b>
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Jamestown Middle School  
Week of SEPTEMBER 20 - 24



	MON. 9/20	TUES. 9/21	WEDNES. 9/22	THURS. 9/23	FRIDAY 9/24
	CALZONE W/ LOCAL TOMATOES & BASIL	CHICKEN LASAGNA SERVED W/ WHOLE WHEAT BREAD	ROAST TURKEY & GRAVY SERVED W/ MASHED POTATOES	WHOLE GRAIN WAFFLES SERVED W/ FRESH FRUIT	HAM & CHEESE CALZONE
	CHICKEN PATTY W/ LETTUCE & TOMATO	TURKEY BURGER ON WHOLE WHEAT	VEGGIE BURGER ON A WHOLE WHEAT BUN	JUEVOS RANCHEROS Egg Patties, Cheese, Salsa, Whole Wheat Wrap	BUFFALO CHICKEN PATTY ON WHOLE WHEAT
		INDIVIDUAL CHEESE PIZZA			VEGGIE PIZZA  OR CHEESE PIZZA
PREMIUM PANINI MENU \$3.50 (incl. drink & 2 sides)	VEGGIE QUESADILLA Tomato, Broccoli, Onion, Peppers, Salsa, Cheese	CHICKEN FAJITA BOMB Chicken, Peppers, Onions, Cheese,	COUNTRY GRILLED CHICKEN Peppers, Onions, Cheese, Whole Wheat	GRILLED PIZZA W/ BBQ CHICKEN	CHICKEN QUESADILLA Chicken, Onion, Peppers, Salsa, Cheese
	CAJUN CHICKEN WRAP  CHEF SALAD	TUNA SALAD ON WHOLE WHEAT  CAESAR SALAD	HAM & CHEESE SUB  CHICKEN CAESAR SALAD	CHICKEN & BEAN BURITTO  COBB SALAD	TUNA SUB ON WHOLE WHEAT  SPINACH SALAD
	BLACK BEAN SALSA FRESH FRUIT & VEGETABLE SELECTION (local when available)	FRESH FRUIT & VEGETABLE SELECTION (local when available)	FRESH FRUIT & VEGETABLE SELECTION (local when available)	ROASTED POTATOES FRESH FRUIT & VEGETABLE SELECTION (local when available)	FRESH FRUIT & VEGETABLE SELECTION (local when available)
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Jamestown Middle School  
Week of SEPTEMBER 27 - 30



	MON. 9/27	TUES. 9/28	WEDNES. 9/29	THURS. 9/30	FRIDAY 10/01
	BRUNCH FOR LUNCH (French Toast Sticks w/ Toppings Bar featuring Local Strawberries)	ENGLISH MUFFIN W/ EGG, HAM & CHEESE	PASTA BAR MAC & CHEESE PASTA W/WO MEAT SAUCE GARLIC BREAD	SWEET & SOUR CHICKEN W/ ASIAN VEGETABLES (Boc Choi, Red Peppers, Broccoli, Baby Spinach)	
	ALL AMERICAN BURGER	CHEESY CHICKEN PATTY W/ LETTUCE & TOMATO	BBQ BEEF CALZONE	COOL RANCH BURGER	
		INDIVIDUAL CHEESE PIZZA			
PREMIUM PANINI MENU \$3.50 (incl. drink & 2 sides)	GRILLED PIZZA W/ BBQ CHICKEN	QUESADILLA CHEESE BURGER Burger Patty, Salsa, Cheese	QUESADILLA CHICKEN Chicken, Salsa, Cheese,	GRILLED PIZZA W/ BBQ CHICKEN	
	CAJUN CHICKEN WRAP SPINACH SALAD W/ CHEESE	HAM WRAP W/ LETTUCE COBB SALAD	TURKEY & CHEESE SUB CHICKEN CAESAR SALAD	CHICKEN SALAD ON WHOLE WHEAT COBB SALAD	
	ROASTED POTATOES FRESH FRUIT & VEGETABLE SELECTION (local when available)	THREE BEAN SALAD FRESH FRUIT & VEGETABLE SELECTION (local when available)	FRESH FRUIT & VEGETABLE SELECTION (local when available)	FRESH FRUIT & VEGETABLE SELECTION (local when available)	
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