



Johnstown-Monroe Intermediate School

November 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Alternate Lunch Options
Waffle/Pancake or Cereal Bar Fruit, Fruit Juice & Milk	Breakfast Sandwich or Cereal Bowl Fruit, Fruit Juice & Milk	Waffle/Pancake or Cereal Bar Fruit, Fruit Juice & Milk	Breakfast Sandwich or Cereal Bowl Fruit, Fruit Juice & Milk	W.G. Muffin & Yogurt Cup or Cheese Stick Fruit, Fruit Juice & Milk	
6 Chicken Nuggets French Fries Tossed Salad Carrot or Celery Pack Fruit Choice Milk	7 Quesadilla Corn Tossed Salad Carrot or Celery Pack Fruit Choice Milk	8 Grilled Cheese Baked Beans Baked Apples Tossed Salad Carrot or Celery Pack Fruit Choice Milk	9 Pepperoni Pizza Green Beans Tossed Salad Carrot or Celery Pack Fruit Choice Milk	10 Pancakes Sausage Breakfast Potatoes Tossed Salad Carrot or Celery Pack Fruit Choice Milk	Hamburger Sandwich Grape PBJ (M,W,F) Strawberry PBJ (Tu, Th) Turkey & Cheese Sandwich
13 Calzone Green Peas Baked Apples Tossed Salad Carrot or Celery Pack Fruit Choice Milk	14 Walking Taco Refried Beans Corn Tossed Salad Carrot or Celery Pack Fruit Choice Milk	15 General Tso's Chicken Steamed Rice Broccoli Tossed Salad Carrot or Celery Pack Fruit Choice Milk	16 Cheese Pizza Green Beans Tossed Salad Carrot or Celery Pack Fruit Choice Milk	17 Waffles Sausage Breakfast Potatoes Tossed Salad Carrot or Celery Pack Fruit Choice Milk	Corn Dog Grape PBJ (M,W,F) Strawberry PBJ (Tu, Th) Ham & Cheese Sandwich
20 Chicken Drumstick Mashed Potatoes Green Peas Tossed Salad Carrot or Celery Pack Fruit Choice Milk	21 French Toast Sausage Baked Apples Tossed Salad Carrot or Celery Pack Fruit Choice Milk	22 Pepperoni Pizza Corn Tossed Salad Carrot or Celery Pack Fruit Choice Milk	NO SCHOOL	NO SCHOOL	Hamburger Sandwich Grape PBJ (M,W,F) Strawberry PBJ (Tu, Th) Turkey & Cheese Sandwich
NO SCHOOL	28 Chicken Strips Mashed Potatoes Green Peas Tossed Salad Carrot or Celery Pack Fruit Choice Milk	29 Walking Taco Corn Tossed Salad Carrot or Celery Pack Fruit Choice Milk	30 Cheese Pizza Green Beans Tossed Salad Carrot or Celery Pack Fruit Choice Milk	1 Pancakes Sausage Breakfast Potatoes Tossed Salad Carrot or Celery Pack Fruit Choice Milk	Corn Dog Grape PBJ (M,W,F) Strawberry PBJ (Tu, Th) Ham & Cheese Sandwich

Meal Prices

Breakfast \$1.50	Lunch \$2.65
Reduced Breakfast \$0.30	Reduced Lunch \$0.40
Adult Breakfast \$2.00	Adult Lunch \$5.00
Extra Milk \$0.55	

Milk Choices: White, Chocolate, Strawberry or Vanilla
No substitutes are made for milk; a cup for water will be available.

Prepay for Meals!!!

- Cash or Check accepted daily in each cafe: Please make all checks payable to Johnstown-Monroe Local Schools. Place cash or check in an envelope or plastic bag with your student's name on it. Cost for a week (5 days) of lunches is \$13.25
- Meal Magic Family Portal: This online system allows you to view student transactions, account balances, and set up email reminders for low balances <https://johnstown.familyportal.cloud/>
 - Students will be allowed to charge their lunch in emergency situations; ex: student loses/forgets their lunch money or their account balance is low. It is expected to be paid the following day. There will be NO CHARGES after May 3rd.
 - Free and Reduced-Price applications are accepted all year and can be obtained at any school office or online through Meal Magic Family Portal <https://johnstown.familyportal.cloud/>

If a student receives a free lunch, breakfast is also free.

Additional Notes:

- Menus are Subject to change due to availability of foods and unplanned school closings.
- A variety of breakfast items are offered daily which include 100% juice, a fruit and milk. A complete breakfast includes an entrée, juice or fruit, and milk. A student is required to take at least ½ cup of a fruit or juice for a complete breakfast.
- Alternate Lunch Options may be substituted for the main entrée that is posted for the corresponding week. A peanut butter or cheese sandwich will be substituted upon request.
- We cannot guarantee trace values of allergens due to manufacture production, alterations, substitutions or recipe changes.

Johnstown-Monroe Local Schools participates in the National School Lunch Program.

A complete lunch meal consists of 5 components: an entrée, which is 2 components (a protein and a whole grain), a fruit, a vegetable, and milk. Students must select at least 3 of the 5 components, one of which must be either a fruit or vegetable.

Menu subject to change due to availability.
"This institution is an equal opportunity provider."