



# September 2023

## Palos South Junior High School | LUNCH MENU

Vegetarian Entrees Marked with (V)  
Pork Entrees Marked with (P)

MON	TUES	WED	THURS	FRI
 <p>4</p> <p>1) Chicken Parmesan Flatbread 5</p> <p>2) Chicken Ham Chef Salad</p> <p>Fresh Orange, Applesauce, Corn, Broccoli and Cherry Tomato</p>	<p>1) Spaghetti w/Chicken Meatballs 12</p> <p>2) Tossed Salad with Dinner Roll</p> <p>Fresh Orange, Applesauce, Corn, Broccoli and Cherry Tomato</p>	<p>1) Walking Tacos 6</p> <p>2) Vegetable Baja Salad with Tortilla Chips</p> <p>Fresh Orange, Diced Pears, Tater Tots, Baby Carrots</p> <p>1) Chicken &amp; Dumpling w/Rice 13</p> <p>2) Fresh Sliced Apple, Yogurt &amp; Cheese Stick Plate</p> <p>Fresh Orange, Diced Pears, Tater Tots, Baby Carrots</p>	<p>1) Bacon Cheeseburger 7</p> <p>2) Turkey Chef Salad</p> <p>Fresh Orange, Diced Pears, Tater Tots, Baby Carrots</p> <p>1) French Toast Sticks w/Turkey Sausage 14</p> <p>2) Popcorn Chicken Salad with Dinner Roll</p> <p>Fresh Orange, Diced Pears, Tater Tots, Baby Carrots</p>	<p>1) Buzzer Beater Basket 8</p> <p>2) Popcorn Chicken Salad</p> <p>Fresh Orange, Diced Pears, Tater Tots, Baby Carrots</p> <p>1) Tator Tot Beef Nachos 15</p> <p>2) Italian Salad with Dinner Roll</p> <p>Fresh Orange, Diced Pears, Tater Tots, Baby Carrots</p>
<p>1) Chicken Patty Sliders 11</p> <p>2) Egg Chef Salad with Dinner Roll</p> <p>Fresh Apple, Diced Peaches, Baby Carrots, Broccoli</p>	<p>1) Beef Nachos 19</p> <p>2) Vegetable Baja Salad with Tortilla Chips</p> <p>Fresh Orange, Applesauce, Corn, Broccoli and Cherry Tomato</p>	<p>1) Popcorn Chicken Potato Bowl w/Breadstick 20</p> <p>2) Turkey Chef Salad with Dinner Roll</p> <p>Fresh Orange, Diced Pears, Tater Tots, Baby Carrots</p>	<p>1) BBQ Chicken &amp; Cheddar Flatbread 21</p> <p>2) Fresh Apple, Yogurt and Cheese Stick Plate</p> <p>Fresh Orange, Diced Pears, Tater Tots, Baby Carrots</p>	<p>1) Cheesy Baked Penne 22</p> <p>2) Chicken &amp; Cheese Salad with Dinner Roll</p> <p>Fresh Orange, Diced Pears, Tater Tots, Baby Carrots</p>
<p>1) Mini Corn Dogs w/Mac &amp; Cheese 18</p> <p>2) Tossed Salad w/Dinner Roll</p> <p>Fresh Apple, Diced Peaches, Baby Carrots, Broccoli</p>	<p>1) Meatloaf Cheeseburger 26</p> <p>2) Fresh Apple, Yogurt and Cheese Stick Plate</p> <p>Fresh Orange, Applesauce, Corn, Broccoli and Cherry Tomato</p>	<p>1) Pancake Bites w/Scrambled Eggs w/Cheese 27</p> <p>2) Italian Salad with Dinner Roll</p> <p>Fresh Orange, Diced Pears, Tater Tots, Baby Carrots</p>	<p>1) Chicken Tenders with Rice and Thai Sate Sauce 28</p> <p>2) Tossed Salad w/Cheese with Dinner Roll</p> <p>Fresh Orange, Diced Pears, Tater Tots, Baby Carrots</p>	<p>1) Buffalo Popcorn Chicken Mac &amp; Cheese 29</p> <p>2) Egg Chef Salad with Dinner Roll</p> <p>Fresh Orange, Diced Pears, Tater Tots, Baby Carrots</p>

Menus are subject to change.

Powering  
potential.



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Chocolate or 2% Low-Fat Milk

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