

RAFER JOHNSON JR. HIGH  
2018-19  
Grab-N-Go Breakfast/Lunch Menu

**This institution is an equal opportunity provider.**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<u><b>BREAKFAST</b></u> Cereal <b>or</b> Uber Bar <b>and</b> Fresh Fruit 100% Juice Fat Free or 1% Milk	<u><b>BREAKFAST</b></u> Cereal <b>or</b> Mini Donuts <b>and</b> Fresh Fruit 100% Juice Fat Free or 1% Milk	<u><b>BREAKFAST</b></u> Cereal <b>or</b> Banana/Chocolate Breakfast Bar <b>and</b> Fresh Fruit 100% Juice Fat Free or 1% Milk	<u><b>BREAKFAST</b></u> Cereal <b>or</b> Mini Donuts <b>and</b> Fresh Fruit 100% Juice Fat Free or 1% Milk	<u><b>BREAKFAST</b></u> Cereal <b>or</b> Buttermilk Bars <b>and</b> Fresh Fruit 100% Juice Fat Free or 1% Milk
<b><i>Breakfast includes: whole grain entrée, fresh fruit, juice and milk.</i></b>				
<u><b>LUNCH</b></u> **Turkey/Cheese Sub Baked Chips Veggie w/Ranch Fruit Fat Free or 1% Milk <b>or</b> ***Yogurt & Fruit Parfait Granola Veggie Fat Free or 1% Milk	<u><b>LUNCH</b></u> ***"Olympian Box" PBJ Wafer Bar Cheese Stick Veggie w/Ranch Apple Slices Fat Free or 1% Milk <b>or</b> **Chicken Caesar Salad Fruit Fat Free or 1% Milk	<u><b>LUNCH</b></u> **Turkey/Cheese Sub Baked Chips Veggie w/Ranch Fruit Fat Free or 1% Milk <b>or</b> ***Yogurt & Fruit Parfait Granola Veggie Fat Free or 1% Milk	<u><b>LUNCH</b></u> ***"Olympian Box" PBJ Wafer Bar Cheese Stick Veggie w/Ranch Apple Slices Fat Free or 1% Milk <b>or</b> **Chinese Chicken Salad Fruit Fat Free or 1% Milk	<u><b>LUNCH</b></u> **Turkey/Cheese Sub Baked Chips Veggie w/Ranch Fruit Fat Free or 1% Milk <b>or</b> ***Yogurt & Fruit Parfait Granola Veggie Fat Free or 1% Milk
<b><i>Lunch includes these 5 components: whole grain, protein, vegetable, fruit and milk.</i></b>				
*Beef Entrée **Poultry Entrée ***Meatless Entrée ****May Contain Pork	<u>Daily Milk Choices:</u> Non-Fat White 1% White Non-Fat Chocolate	<b>MENU SUBJECT TO CHANGE</b> 	<u>Reminder!!</u> Applications accepted on-line at: <a href="http://www.ezmealapp.com">www.ezmealapp.com</a>	<u>Reminder!!</u> Payments accepted on-line at: <a href="http://www.ezschoollpay.com">www.ezschoollpay.com</a>

Breakfast  
Reduced-.30¢  
Paid-\$1.85

Lunch  
Reduced-.40¢  
Paid-\$2.60