



Mountain Brook Junior High



LUNCH

Variety of Grab 'n Go Salads & Sandwiches available daily!!

Monday

Tuesday

Wednesday

Thursday

Friday



7

Chicken Poppers
Cheese Sticks w/Marinara
Hashbrown Casserole
Baked Apples
Peas & Carrots

21

Mini Corndogs
Hot Ham & Cheese
Croissant
Fried Okra
Herb Roasted Potatoes

28

General Tso Chicken
BBQ Chicken Bites
Fried Rice
Egg Rolls
Steamed Vegetables



1



8

Taco Seasoned Beef
Chips, Cheese
Fiesta Rice
Refried Beans
Salsa & Sour Cream

TACO BAR

22

Chicken Sandwich
Chicken & Dumplings
Tater Tots
Corn
Green Beans

29

Beef Tips
Pizza Crunchers
Rice with Gravy
Carrots
Peas



2

Fried/Baked Chicken
Scalloped Potatoes
Broccoli Casserole
Baby Lima Beans
Dinner Roll or Cornbread

9

Fried/Baked Chicken
Mashed Potatoes & Gravy
Italian Green Beans
Dinner Roll or Cornbread

23

Fried/Baked Chicken
Rice with Gravy
Black-Eyed Peas
Turnip Greens
Dinner Roll or Cornbread

30

Fried/Baked Chicken
Macaroni & Cheese
Steamed Broccoli
Baby Lima Beans
Dinner Roll or Cornbread



3

Buttered Rotini Pasta
Meat/Alfredo Sauce
Roasted Brussel Sprouts
Carrots & Green Peas
Garlic Bread

Pasta Bar

10

Beef & Mac
Grilled Cheese
Glazed Carrots
Green Beans
Sweet Potato Fries

24

Crispitos
Chicken Quesadilla
Fiesta Beans
Spanish Rice
Cheese Sauce

31

BRUNCH
Waffle Chicken Biscuit
Hashbrown Casserole
Scrambled Eggs
Cheese Grits, Sausage



4

Cheeseburgers
Assorted Pizza
French Fries
Corn
Steamed Veggies

11

Fish Nuggets
Spicy Chicken Sandwich
Hush Puppies
Waffle Fries
Baked Beans

25

Assorted Pizza
Corndogs
French Fries
California Vegetables
Apple or Peach Cobbler

*Menu Subject to Change