



# St. John Paul II Intermediate School Breakfast January 2026

All Grains Offered  
Are Whole Grains



Menus are subject to change

Meal Prices

**Meals for Students  
are Free**

Adult Breakfast \$3.00  
Adult Lunch \$5.00  
Milk \$.50

Please Click Links Below for  
Nutrition Information on  
Daily Options:

100% Fruit Juice

Fresh Fruit

Milk

Pay for meals on-line. Click  
on Link Below:






Please advise us if special  
meal accommodations are  
required for allergens or  
other special dietary  
needs.



**WE ARE HIRING**



Barnstable Public Schools is  
looking for reliable, hard  
working, Kitchen staff. This  
is an ideal job for parents  
with children in the school  
system. Please contact  
Nancy Dias, 617-797-5754 to  
set up an interview.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <b>No School</b>	2 <b>No School</b>
5 <b>Chocolate Chip Breakfast Round IW Mighty Pumpkin Spice Muffin</b> Asst. WG, Low Sugar Cereal Mozzarella String Cheese	6 <b>Fluffy Pancakes</b> Maple Breakfast Syrup Bagel w/ Cream Cheese Asst. WG, Low Sugar Cereal Mozzarella String Cheese	7 <b>Mighty Pumpkin Spice Muffin</b> Danimals Yogurt w/Cheese Stick & Granola Asst. WG, Low Sugar Cereal Mozzarella String Cheese	8 <b>Egg, Sausage, &amp; Cheese Croissant</b> Apple Cinnamon Nutri Grain Bar Asst. WG, Low Sugar Cereal Mozzarella String Cheese	9 <b>Chocolate Chip Muffin</b> Strawberry Cream Cheese Bagel Mini Asst. WG, Low Sugar Cereal Mozzarella String Cheese
12 <b>Chocolate Chip Breakfast Round IW Strawberry Cream Cheese Bagel Mini</b> Asst. WG, Low Sugar Cereal Mozzarella String Cheese	13 <b>French Toast Sticks</b> Maple Breakfast Syrup Bagel w/ Cream Cheese Asst. Low Sugar Cereal Mozzarella String Cheese	14 <b>Egg, Sausage, &amp; Cheese Croissant</b> Mighty Pumpkin Spice Muffin Asst. WG, Low Sugar Cereal Mozzarella String Cheese	15 <b>Egg &amp; Cheese Stuffed Hashbrown</b> Apple Cinnamon Nutri Grain Bar Asst. WG, Low Sugar Cereal Mozzarella String Cheese	16 <b>Chocolate Chip Muffin</b> Danimals Yogurt w/Cheese Stick & Granola Asst. WG, Low Sugar Cereal Mozzarella String Cheese
19 <b>No School</b>	20 <b>Fluffy Pancakes</b> Maple Breakfast Syrup Bagel w/ Cream Cheese Asst. WG, Low Sugar Cereal Mozzarella String Cheese	21 <b>Mighty Pumpkin Spice Muffin</b> Danimals Yogurt w/Cheese Stick & Granola Asst. WG, Low Sugar Cereal Mozzarella String Cheese	22 <b>Egg, Sausage, &amp; Cheese Croissant</b> Apple Cinnamon Nutri Grain Bar Asst. WG, Low Sugar Cereal Mozzarella String Cheese	23 <b>Chocolate Chip Muffin</b> Strawberry Cream Cheese Bagel Mini Asst. WG, Low Sugar Cereal Mozzarella String Cheese
26 <b>Chocolate Chip Breakfast Round IW Strawberry Cream Cheese Bagel Mini</b> Asst. WG, Low Sugar Cereal Mozzarella String Cheese	27 <b>French Toast Sticks</b> Maple Breakfast Syrup Bagel w/ Cream Cheese Asst. Low Sugar Cereal Mozzarella String Cheese	28 <b>Egg, Sausage, &amp; Cheese Croissant</b> Mighty Pumpkin Spice Muffin Asst. WG, Low Sugar Cereal Mozzarella String Cheese	29 <b>Egg &amp; Cheese Stuffed Hashbrown</b> Apple Cinnamon Nutri Grain Bar Asst. WG, Low Sugar Cereal Mozzarella String Cheese	30 <b>Chocolate Chip Muffin</b> Danimals Yogurt w/Cheese Stick & Granola Asst. WG, Low Sugar Cereal Mozzarella String Cheese

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










# St. John Paul II School Grades 5-8 Lunch January 2026

All Grains Offered  
Are Whole Grains



Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <b>No School</b>	2 <b>No School</b>
5 <b>Sweet &amp; Spicy General Tso Chicken</b> <b>Chicken Fried Rice</b> Fresh Carrot Sticks Fresh Creamy Coleslaw	6 <b>Beef Nachos Supreme</b> Garden Fresh Salsa Black Bean & Corn Salad Fresh Carrot Sticks Cabot Sour Cream	7 <b>Spaghetti w/ Meat Sauce</b> Dinner Roll Tossed Garden Salad Fresh Cucumber Sticks	8 <b>Chicken Teriyaki Rice Bowl</b> Cherry Tomato & Corn Salad Fresh Carrot Sticks	9 <b>Cheese Pizza</b> <b>Fresh Hot Pepperoni Pizza</b> <b>Fresh Hot Veggie Pizza</b> Tossed Garden Salad Black Bean & Corn Salad
12 <b>Chicken Burrito</b> Black Bean & Corn Salad Garden Fresh Salsa Cabot Sour Cream	13 <b>Bag Lunch Extravaganza</b>  EARLY DISMISSAL	14 <b>Bag Lunch Extravaganza</b>  EARLY DISMISSAL	15 <b>Bag Lunch Extravaganza</b>  EARLY DISMISSAL	16 <b>Bag Lunch Extravaganza</b>  EARLY DISMISSAL
19 <b>No School</b>	20 <b>Meatball Sub (Beef Meatballs, Seasoned Marinara in a Bun.</b> Roasted Potato Wedges Steamed Green Peas	21 <b>Tasty Chicken Alfredo w/Pasta</b> Dinner Roll Steamed Broccoli Mixed Greens w/ Maple Vinaigrette	22 <b>Oven Baked BBQ Chicken</b> Dinner Roll Mashed Sweet Potato Seasoned Green Beans	23 <b>Cheese Pizza</b> <b>Fresh Hot Pepperoni Pizza</b> <b>Fresh Hot Veggie Pizza</b> Tossed Garden Salad Black Bean & Corn Salad
26 <b>Chicken &amp; Cheese Quesadilla</b> Black Bean & Corn Salad Steamed Broccoli Garden Fresh Salsa Cabot Sour Cream	27 <b>Grilled Cheese Sandwich</b> Sweet Potato Fries Seasoned Green Beans	28 <b>Creamy Macaroni &amp; Cheese</b> Steamed Green Peas Tomato & Cucumber Salad	29 <b>BBQ Pulled Pork Sandwich</b> Oven Baked Crinkle Cut French Fries Black Bean & Corn Salad Fresh Carrot Sticks	30 <b>Cheese Pizza</b> <b>Fresh Hot Pepperoni Pizza</b> <b>Fresh Hot Veggie Pizza</b> Tossed Garden Salad

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Meal Prices

**Meals for  
Students are  
Free**

Adult Breakfast \$3.00

Adult Lunch \$5.00

Please Click on Link Below for

Nutrition Information on

Daily Options:

Fresh Fruit

Milk

Pay for meals on-

line. Click on Link

Below:



Harvest of the Month:

Cabbage



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