


JEFFERSON COUNTY SCHOOL DISTRICT 509-J

DECEMBER

K-8 MENU

2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Student's lunch must include: As choice of ½ cup of fruit or vegetable OR a combination of fruit and vegetables to equal ½ cup.</p>	<p>Student's breakfast must include a ½ cup of fruit.</p> <p>A choice of Low Fat Milk is Offered at Breakfast and Lunch.</p>	<p>BREAKFAST Visiting Children: \$1.50 Adult Price: \$2.50</p> <p>LUNCH Visiting Children: \$2.00 Adult Price: \$4.00</p>	<p><i>FREE BREAKFAST & LUNCH FOR ALL ENROLLED STUDENTS!!</i></p> <p>MENU SUBJECT TO CHANGE!</p>	<p>This institution is an equal opportunity provider.</p>
<p>DO YOU KNOW? OUR pizza crust, bread, buns, rolls, crackers, chips, pasta and tortillas are whole grain. Recipes are made from scratch. Cheeses and salad dressings are low fat or fat free.</p>	<p>K-5 Lunch Choice Sandwich of the Day</p> <p>6-8 Breakfast Choice Cereal Bowl</p> <p>6-8 Lunch Choice Sandwich of the Day</p>			<p>1 Breakfast Burrito Peach Cup – Fruit Juice</p> <p>Chili Cheese Tostado Garden Salad – Carrots Blueberries Chocolate Chip Cookie</p>
<p>4 Ham & Cheese Breakfast Bar Muffin – Craisins – Fruit Juice</p> <p>Cheese Pizza Garden Salad Baby Carrots Pineapple</p>	<p>5 Triple Berry French Toast Banana – Fruit Juice</p> <p>Chickenwich Creamy Coles Carrot & Celery Sticks Pears</p>	<p>6 Turkey Sausage Pancake Strawberry Cup – Fruit Juice</p> <p>Hamburger Baked Oven Fries Pork 'N Beans Blueberries</p>	<p>7 Breakfast Burrito Applesauce Cup – Fruit Juice</p> <p>Chicken Alfredo Cornbread Muffin Garden Salad w/Tomatoes Peaches</p>	<p>8 Egg & Cheese Bagel Peach Cup – Fruit Juice</p> <p>Boneless Chicken Wings <u>OR</u> Golden Fish Sticks Steamed Broccoli Mashed Potatoes - Apple</p>
<p>11 Ham & Cheese Breakfast Bar Muffin – Applesauce Cup Fruit Juice</p> <p>Bean & Cheese Burrito w/Salsa Spanish Rice – Sweet Corn Carrots - Apricots</p>	<p>12 Oatmeal Benefit Bar Banana – Fruit Juice</p> <p>Chicken Vegetable Soup Grilled Cheese Sandwich Carrots & Celery Sticks Pears</p>	<p>13 Turkey Sausage Pancake Strawberry Cup – Fruit Juice</p> <p>Hamburger Baked Oven Fries Pork 'N Beans Peaches</p>	<p>14 Breakfast Burrito Peach Cup – Fruit Juice</p> <p>COOKS HOLIDAY MEAL Turkey Gravy over Potatoes Dinner Roll Garden Salad w/Tomatoes Fruit Salad – Vanilla Cookie</p>	<p>15 Egg & Cheese Bagel Mandarin Orange – Fruit Juice</p> <p>Boneless Chicken Wings <u>OR</u> Golden Fish Sticks Steamed Broccoli Potato Wedges – Apple</p>
<p>18 Ham & Cheese Breakfast Bar Muffin – Craisins –Fruit Juice</p> <p>Cheese Pizza Garden Salad Sweet Corn Pineapple</p>	<p>19 Triple Berry French Toast Banana – Fruit Juice</p> <p>Grilled Chicken Fajita Seasoned Refried Beans Shredded Lettuce – Tomato Salsa - Blueberries</p>	<p>20 COOKS CHOICE</p>	<p>21 Happy Holidays! NO SCHOOL</p>	<p>22 Happy Holidays! NO SCHOOL</p>

WINTER BREAK
DECEMBER 21ST – JANUARY 2ND, 2018

