




JEFFERSON COUNTY SCHOOL DISTRICT 509-J

DISTRICT HIGH SCHOOL MENU

JANUARY

2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Student's <b>lunch</b> must include: As choice of <b>½ cup</b> of fruit or vegetable <b>OR</b> a combination of fruit and vegetables to equal <b>½ cup.</b> Fresh, Canned or Frozen Vegetables and Fruits are Offered Daily!</p>	<p>Student breakfast must include ½ cup of fruit <b>CEREAL BOWL IS OFFERED DAILY AT BREAKFAST</b> A choice of Skim and 1% White Milk and Nonfat Chocolate Milk Is offered at breakfast/lunch</p>	<p><b>Free Breakfast and Lunch for All Students</b> <b>Breakfast</b> Visiting Children: \$1.50 Adult Price: \$2.50 <b>Lunch</b> Visiting Children: \$2.00 Adult Price: \$4.00</p>	<p><b>Lunch Choices</b> Pepperoni or Cheese Pizza Deli Ham Sandwich Deli Turkey Sandwich Tuna Salad Sandwich Sun Butter &amp; Jelly Sandwich Chef Salad <b>MENU SUBJECT TO CHANGE!</b></p>	<p><b>This Institution is an Equal Opportunity Provider</b></p>
		<p>3 Oatmeal Benefit Bar Applesauce Cup – Fruit Juice  Chicken Tenders or Golden Fish Sticks – Mashed Potatoes – Steamed Broccoli – Corn Bread Muffin</p>	<p>4 Breakfast Burrito Mandarin Orange Cup – Fruit Juice  Macaroni &amp; Cheese Whole Grain Dinner Roll</p>	<p>5 Blueberry Breakfast Bar Apple – Fruit Juice  Hotdogs w/mustard Baked Oven Fries Green Beans</p>
<p>8 Ham &amp; Cheese Breakfast Bar Muffin–Peaches–Fruit Juice  WG Mozzarella Pizza Sticks Marinara Dipping Sauce</p>	<p>9 Maple Long John Banana – Fruit Juice  Chickenwich Loop Fries</p>	<p>10 Turkey Sausage Pancake Strawberry Cup – Fruit Juice  Hamburger <b>OR</b> Cheeseburger Baked Oven Fries Peas</p>	<p>11 Breakfast Burrito Mandarin Orange Cup-Fruit Juice  Grilled Chicken Fajita <b>Served With</b> Grilled Veggies Corn Tortilla Chips - Salsa Seasoned Refried Beans</p>	<p>12 Morning Scramble – Waffle Applesauce Cup – Fruit Juice  Creamy Potato Soup Grilled Cheese Sandwich</p>
<p>15 <b>NO SCHOOL</b>  <b>MLK JR. DAY</b></p>	<p>16 Oatmeal Benefit Bar Banana – Fruit Juice  Pizza Bar Potato Triangle</p>	<p>17 Turkey Sausage Pancake Strawberry Cup – Fruit Juice  Chicken Tenders or Golden Fish Sticks - Mashed Potatoes – Steamed Broccoli Garlic Bread Sticks</p>	<p>18 Breakfast Burrito Mandarin Orange Cup – Fruit Juice  Cheese Rotini Bake Whole Grain Dinner Roll</p>	<p>19 Blueberry Breakfast Bar Apple – Fruit Juice  Sloppy Joe on a Bun Pork 'N Beans Seasoned Potato Wedges</p>
<p>22 Ham &amp; Cheese Breakfast Bar Muffin-Peaches-Fruit Juice  Bean &amp; Cheese Burrito Salsa Herb Rice</p>	<p>23 Maple Long John Banana – Fruit Juice  Chicken Alfredo Whole Grain Dinner Roll Peas</p>	<p>24 Turkey Sausage Pancake Strawberry Cup – Fruit Juice  Hamburger <b>or</b> Cheeseburger Baked Oven Fries Pork 'N Beans</p>	<p>25 Breakfast Burrito Mandarin Orange Cup – Fruit Juice  Italian Spaghetti Garlic Bread Sticks</p>	<p>26 <b>NO SCHOOL</b>  <b>END OF 2<sup>ND</sup> QUARTER</b></p>
<p>29 <b>NO SCHOOL</b>  <b>INSERVICE DAY</b></p>	<p>30 <b>COOKS CHOICE</b></p>	<p>31 <b>COOKS CHOICE</b></p>	