



This institution is an equal opportunity provider.

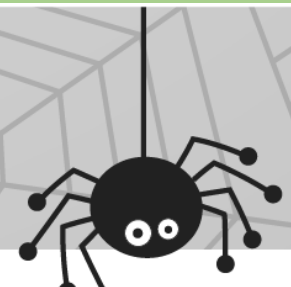
OCTOBER 2018

Jefferson County Middle School

Breakfast and Lunch is FREE to ALL Students!

Meal Price: Visiting Children \$2.00
Adult \$4.00

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cheese Pizza Pepperoni Pizza	2 Cheesy Chicken Tostada Refried Beans Seasoned Brown Rice	3 Hamburger OR Cheeseburger Macaroni Salad	4 Italian Spaghetti Garlic Bread Stick	5 Macaroni & Cheese Green Beans
8 Bean & Cheddar Burrito Tater Tots	9 Sloppy Joe on a Bun Whole Kernel Corn	10 Hamburger OR Cheeseburger Potato Salad	11 Chicken Alfredo Pasta Garlic Bread Stick	12 NO SCHOOL STATEWIDE INSERVICE DAY!
15 National School Lunch Week!! Chicken Fajita Seasoned Brown Rice	16 Mozzarella Bread Stick <i>Served with</i> Marinara Dipping Sauce Green Beans	17 Hamburger OR Cheeseburger Macaroni Salad	18 Chili Cheese Bowl Cornbread Muffin	19 Chickenwich OR Fish Sticks on a Bun Baked Looped Fries
22 Chicken Drumstick Scalloped Potatoes Cornbread Muffin	23 Italian Spaghetti Garlic Bread Stick Whole Kernel Corn	24 Hamburger OR Cheeseburger Potato Salad	25 Chicken Alfredo Pasta Dinner Roll	26 Deli Ham Sandwich Deli Turkey Sandwich Fish Stick on a Bun Tater Tots
29 2-Bosco Cheese Stick Cottage Cheese	30 Macaroni & Cheese Dinner Roll	31 Hamburger OR Cheeseburger Potato Wedges 		



Fresh, canned and frozen fruits and vegetables offered daily! Student's lunch must include: A choice of ½ cup of fruit OR vegetable OR a combination of fruit and vegetables to equal a ½ cup.

Milk Choices: Nonfat Chocolate, 1% White and Skim White Milk

Lunch Choices: Deli Ham or Turkey Sandwich, Tuna Salad, Yogurt Lunch Box, Chef Salad w/roll, Vegetarian Salad w/roll

Menu Subject to Change!