



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 \$1.50  
Adults \$2.50

### Monday

Cereal Offerings **1**  
OR  
Breakfast Combo Bar & Muffin  
100% Fruit Juice  
Applesauce Cup  
Skim White Milk  
1% White Milk

Cereal Offerings **8**  
OR  
Cinnamon Bun  
100% Fruit Juice  
Applesauce Cup  
Skim White Milk  
1% White Milk

Cereal Offerings **15**  
OR  
Breakfast Combo Bar & Muffin  
100% Fruit Juice  
Craisins  
Skim White Milk  
1% White Milk

Cereal Offerings **22**  
OR  
Cinnamon Bun  
100% Fruit Juice  
Applesauce Cup  
Skim White Milk  
1% White Milk

Cereal Offerings **29**  
OR  
Breakfast Combo Bar & Muffin  
100% Fruit Juice  
Applesauce Cup  
Skim White Milk  
1% White Milk

### Tuesday

Cereal Offerings **2**  
OR  
Ham & Cheese Bagel  
100% Fruit Juice  
Banana  
Skim White Milk  
1% White Milk

Cereal Offerings **9**  
OR  
Ham & Cheese Bagel  
100% Fruit Juice  
Banana  
Skim White Milk  
1% White Milk

Cereal Offerings **16**  
OR  
Ham & Cheese Bagel  
100% Fruit Juice  
Banana  
Skim White Milk  
1% White Milk

Cereal Offerings **23**  
OR  
Breakfast Burrito  
100% Fruit Juice  
Banana  
Skim White Milk  
1% White Milk

Cereal Offerings **30**  
OR  
Ham & Cheese Bagel  
100% Fruit Juice  
Banana  
Skim White Milk  
1% White Milk

### Wednesday

Cereal Offerings **3**  
OR  
Breakfast Pizza  
100% Fruit Juice  
Peach Cup  
Skim White Milk  
1% White Milk

Cereal Offerings **10**  
OR  
Breakfast Pizza  
100% Fruit Juice  
Peach Cup  
Skim White Milk  
1% White Milk

Cereal Offerings **17**  
OR  
Breakfast Pizza  
100% Fruit Juice  
Peach Cup  
Skim White Milk  
1% White Milk

Cereal Offerings **24**  
OR  
Breakfast Pizza  
100% Fruit Juice  
Peach Cup  
Skim White Milk  
1% White Milk

Cereal Offerings **31**  
OR  
Breakfast Pizza  
100% Fruit Juice  
Peach Cup  
Skim White Milk  
1% White Milk

### Thursday

Cereal Offerings **4**  
OR  
Maple Pancake & Sausage Pattie  
100% Fruit Juice  
Orange Wedges  
Skim White Milk  
1% White Milk

Cereal Offerings **11**  
OR  
Sausage Pancake on a Stick  
100% Fruit Juice  
Strawberry Cup  
Skim White Milk  
1% White Milk

Cereal Offerings **18**  
OR  
Maple Pancake & Sausage Pattie  
100% Fruit Juice  
Orange Wedges  
Skim White Milk  
1% White Milk

Cereal Offerings **25**  
OR  
Sausage Pancake on a Stick  
100% Fruit Juice  
Strawberry Cup  
Skim White Milk  
1% White Milk

### Friday

Cereal Offerings **5**  
OR  
Morning Scramble & Waffle  
100% Fruit Juice  
Apple  
Skim White Milk  
1% White Milk

**12**  
NO SCHOOL  
STATEWIDE - INSERVICE  
DAY!!

Cereal Offerings **19**  
OR  
Morning Scramble & Waffle  
100% Fruit Juice  
Apple  
Skim White Milk  
1% White Milk

Cereal Offerings **26**  
OR  
Morning Scramble & Waffle  
100% Fruit Juice  
Apple  
Skim White Milk  
1% White Milk



Student's breakfast must include a 1/2 cup of fruit.

MENU SUBJECT TO CHANGE!