



JEFFERSON COUNTY SCHOOL DISTRICT 509-J
DISTRICT HIGH SCHOOL MENU



SEPTEMBER

2018

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>Fresh, Canned or Frozen Vegetables & Fruit Offered Daily</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>FREE BREAKFAST & LUNCH FOR ALL ENROLLED STUDENTS!!</p> <p>MENU SUBJECT TO CHANGE!</p>	<p>JEFFERSON COUNTY SCHOOL DISTRICT 509J IS AN EQUAL OPPORTUNITY PROVIDER</p>
<p>Lunch Choices Pepperoni or Cheese Pizza Deli Ham Sandwich Deli Turkey Sandwich Tuna Salad Sandwich Yogurt Lunch Box Chef Salad w/Roll Vegetarian Salad with Eggs & Roll</p>	<p>4 Cereal Offerings OR Cinnamon Bun 100% Fruit Juice– Applesauce Cup</p> <p>Cheese Pizza OR Pepperoni Pizza</p>	<p>5 Cereal Offerings OR Breakfast Pizza 100% Fruit Juice - Banana</p> <p>Hamburger OR Cheeseburger Looped Fries</p>	<p>6 Cereal Offerings OR Pancakes and Sausage Links 100% Fruit Juice – Peach Cup</p> <p>Beef & Cheese Tostado Spanish Rice Seasoned Refried Beans</p>	<p>7 Cereal Offerings OR Morning Scramble & Waffle 100 % Fruit Juice – Strawberry Cup</p> <p>Macaroni & Cheese Dinner Roll</p>
<p>10 Cereal Offerings OR Breakfast Combo Bar & Muffin 100 % Fruit Juice – Applesauce Cup</p> <p>Bean & Cheddar Burrito Tater Tots</p>	<p>11 Cereal Offerings OR Breakfast Burrito 100% Fruit Juice – Banana</p> <p>Sloppy Joe on a Bun Vegetarian Beans</p>	<p>12 Cereal Offerings OR Breakfast Pizza 100% Fruit Juice – Apple</p> <p>Cheeseburger OR Hamburger Potato Wedges</p>	<p>13 Cereal Offerings OR Biscuit & Gravy 100% Fruit Juice – Peach Cup</p> <p>Chicken Alfredo Pasta Garlic Bread Sticks</p>	<p>14 Cereal Offerings OR Sausage Cheese Bagel 100% Fruit Juice – Orange Wedges</p> <p>Chicken Tenders Scalloped Potatoes Dinner Roll</p>
<p>17 Cereal Offerings OR Cinnamon Bun 100% Fruit Juice – Craisins</p> <p>Chicken Quesadilla – Brown Rice Black Bean & Corn Salad</p>	<p>18 Cereal Offerings OR Ham & Cheese English Muffin 100% Fruit Juice – Banana</p> <p>BBQ Chicken Filet on a Bun Garden Peas</p>	<p>19 Cereal Offerings OR Breakfast Pizza 100%Fruit Juice – Peach Cup</p> <p>Cheeseburger OR Hamburger Looped Fries</p>	<p>20 Cereal Offerings OR Pancakes & Sausage Links 100% Fruit Juice– Applesauce Cup</p> <p>Chili Cheese Nachos</p>	<p>21 Cereal Offerings OR Morning Scramble & Waffle 100% Fruit Juice – Strawberry Cup Mozzarella Bread Sticks w/Marinara Sauce OR Fish Panini Coleslaw</p>
<p>24 Cereal Offerings OR Breakfast Combo Bar & Muffin</p> <p>2 Chicken Drumsticks Garlic Bread Sticks</p>	<p>25 Cereal Offerings OR Breakfast Burrito 100% Fruit Juice – Banana</p> <p>Grilled Cheesy Chicken Filet Burger Whole Kernel Corn</p>	<p>26 Cereal Offerings OR Breakfast Pizza 100% Fruit Juice – Apple</p> <p>Cheeseburger OR Hamburger Potato Wedges</p>	<p>27 Cereal Offerings OR Biscuit & Gravy 100% Fruit Juice – Peach Cup</p> <p>Beef & Cheese Rotini Bake Dinner Roll</p>	<p>28 Cereal Offerings OR Sausage Cheese Bagel 100% Fruit Juice – Strawberry Cup Beef Hot Dog OR Fish Panini Vegetarian Beans</p>

