

JEFFERSON COUNTY SCHOOL DISTRICT 509-J

Jefferson County Middle School

**September 2019**

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|---|---|---|---|
| <p>Student's <b>lunch</b> must include:<br/>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>.</p> | <p>Student's <b>breakfast</b> must include a <b>½ cup</b> of fruit.</p> <hr/> <p>A choice of Low Fat Milk is Offered at Breakfast and Lunch.</p> <p>Fresh, canned and frozen fruits and vegetables offered daily!</p> | <p><b>Breakfast</b><br/>Visiting Children: \$1.50<br/>Adult Price: \$2.00</p> <p><b>Lunch</b><br/>Visiting Children: \$2.00<br/>Adult Price: \$4.00</p> | <p><b>FREE BREAKFAST &amp; LUNCH FOR ALL STUDENTS</b></p> <p><b>MENU SUBJECT TO CHANGE!</b></p>   | <p>This institution is an equal opportunity provider.</p>   |
| <p>2<br/>Labor Day!!<br/><br/>No School!</p>   | <p>3<br/>Ultimate Breakfast Round<br/>Fruit Juice – Applesauce Cup</p> <p>Cheese Pizza<br/>Whole Kernel Corn</p>  | <p>4<br/>Breakfast Pizza<br/>Fruit Juice – Cranberries</p> <p>Hamburger<br/><b>OR</b><br/>Cheeseburger<br/>Baked Oven Fries</p>                         | <p>5<br/>Strawberry Pancake<br/>Fruit Juice – Strawberry Cup</p> <p>Grilled Chicken Fajita<br/>Refried Beans</p>                        | <p>6<br/>Breakfast Burrito<br/>Fruit Juice – Peach Cup</p> <p>Chicken Tenders<br/>Dinner Roll<br/>Green Beans</p>                         |
| <p>9<br/>Cinnamon Bun<br/>Fruit Juice – Mixed Berry Cup</p> <p>Bean &amp; Cheddar Burrito w/salsa<br/>Tater Tots</p>   | <p>10<br/>Mini Blueberry Waffles<br/>Fruit Juice – Banana</p> <p>Sloppy Joe on a Bun<br/>Whole Kernel Corn</p>  | <p>11<br/>Benefit Bar<br/>Fruit Juice – Peach Cup</p> <p>BBQ Rib Sandwich<br/>Baked Oven Fries<br/><b>Vegetarian Beans</b></p>                          | <p>12<br/>Turkey Sausage Pancake<br/>Fruit Juice – Apple</p> <p>Chicken Alfredo Pasta<br/>Garlic Bread Stick<br/><b>Garden Peas</b></p> | <p>13<br/>Sausage Egg &amp; Cheese Bagel<br/>Fruit Juice – Strawberry Cup</p> <p>Chickenwich Basket<br/><b>OR</b><br/>Fishwich Basket</p> |
| <p>16<br/>Ultimate Breakfast Round<br/>Fruit Juice – Applesauce Cup</p> <p>Chicken Cheese Quesadilla<br/><b>Black Bean &amp; Corn Salad</b></p>                        | <p>17<br/>French Toast<br/>Fruit Juice – Banana</p> <p>Chili Cheese Bowl<br/>Cornbread Muffin</p>   | <p>18<br/>Breakfast Pizza<br/>Fruit Juice – Strawberry Cup</p> <p>Hamburger<br/><b>OR</b><br/>Cheeseburger<br/>Whole Kernel Corn</p>                    | <p>19<br/>Strawberry Pancake<br/>Fruit Juice – Orange Wedges</p> <p>Turkey Taco Wrap<br/>Brown Rice<br/>Refried Beans</p>               | <p>20<br/>Breakfast Burrito<br/>Fruit Juice – Peach Cup</p> <p>Sandwich Bar<br/>Baked Doritos</p>   |
| <p>23<br/>Yogurt<br/>Blueberry Muffin<br/>Fruit Juice – Raisin Box</p> <p>Mozzarella Bread Sticks<br/><b>Served with</b> Marinara Sauce<br/>Whole Kernel Corn</p>      | <p>24<br/>Mini Blueberry Waffles<br/>Fruit Juice – Banana</p> <p>Macaroni &amp; Cheese<br/>Dinner Roll<br/>Green Beans</p>  | <p>25<br/>Benefit Bar<br/>Fruit Juice – Peach Cup</p> <p>BBQ Rib Sandwich<br/>Baked Oven Fries<br/><b>Vegetarian Beans</b></p>                          | <p>26<br/>Turkey Sausage Pancake<br/>Fruit Juice – Apple</p> <p>Italian Spaghetti<br/>Garlic Bread Stick</p>                            | <p>27<br/>Sausage Gravy over Biscuit<br/>Fruit Juice – Mandarin Cup</p> <p>Chickenwich Basket<br/><b>OR</b><br/>Fishwich Basket</p>       |
| <p>30<br/>Cinnamon Bun<br/>Fruit Juice – Mixed Berry Cup</p> <p>Bean &amp; Cheddar Burrito w/salsa<br/>Tater Tots</p>  |   |   |   |   |