



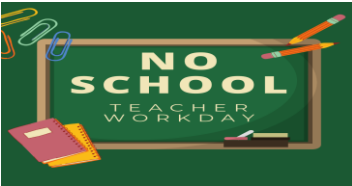



JEFFERSON COUNTY SCHOOL DISTRICT 509-J

BREAKFAST MENU

Early Head Start and Pre-Kindergarten

OCTOBER 2025





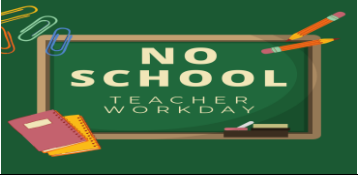


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Breakfast Child Visitor Breakfast \$3.00 Adult Breakfast: \$3.75 Adult Milk: \$1.00	This institution is an equal opportunity provider.	MENU SUBJECT TO CHANGE!
		1 Pancake w/Sugar Free Syrup 100% Fruit Juice Milk	2 Oat Chocolate Chip Benefit Bar 100% Fruit Juice Milk	3 Mini Maple Waffle 100% Fruit Juice Milk
6 Super Cinnamon Bun 100% Fruit Juice Milk	7 Cheerios 100% Fruit Juice Milk	8 Pancake w/Sugar Free Syrup 100% Fruit Juice Milk	9 Oat Chocolate Chip Benefit Bar 100% Fruit Juice Milk	10 
13 Super Cinnamon Bun 100% Fruit Juice Milk	14 Cheerios 100% Fruit Juice Milk	15 Pancake w/Sugar Free Syrup 100% Fruit Juice Milk	16 Oat Chocolate Chip Benefit Bar 100% Fruit Juice Milk	17 Mini Maple Waffle 100% Fruit Juice Milk
20 Super Cinnamon Bun 100% Fruit Juice Milk	21 Cherrios 100% Fruit Juice Milk	22 Pancake w/Sugar Free Syrup 100% Fruit Juice Milk	23 Oat Chocolate Chip Benefit Bar 100% Fruit Juice Milk	24 Mini Maple Waffle 100% Fruit Juice Milk
27 	28 Cheerios 100% Fruit Juice Milk	29 Pancake w/Sugar Free Syrup 100% Fruit Juice Milk	30 Oat Chocolate Chip Benefit Bar 100% Fruit Juice Milk	31 Mini Maple Waffle 100% Fruit Juice Milk

JEFFERSON COUNTY SCHOOL DISTRICT 509-J

LUNCH MENU

Early Head Start and Pre-Kindergarten

OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Breakfast Child Visitor Breakfast \$3.00 Adult Breakfast: \$3.75 Adult Milk: \$1.00	This institution is an equal opportunity provider.	MENU SUBJECT TO CHANGE!
		1 ½ Turkey & Cheese Sandwich Broccoli w/Dip Cup Pear Cup Milk	2 (EHS) 1-Chicken Tenders Mashed Potatoes – Peach Cup Milk (Pre-K) 2-Chicken Tenders Mashed Potatoes – Peach Cup - Milk	3 ½ Ham & Cheese Sandwich Pork N' Beans Applesauce Cup Milk
6 (EHS) Sunbutter & Jelly Sandwich Carrots – Mixed Fruit Cup – Milk (Pre-K) Sunbutter & Jelly Sandwich String Cheese – Carrots Mixed Fruit Cup – Milk	7 Grilled Cheese Sandwich Cucumber Slices Strawberries Milk	8 ½ Turkey & Cheese Sandwich Broccoli w/Dip Cup Pear Cup Milk	9 Hamburger Baked Oven Fries Peach Cup Milk	10 
13 (EHS) Sunbutter & Jelly Sandwich Carrots – Mixed Fruit Cup – Milk (Pre-K) Sunbutter & Jelly Sandwich String Cheese – Carrots Mixed Fruit Cup – Milk	14 Grilled Cheese Sandwich Cucumber Slices Strawberries Milk	15 ½ Turkey & Cheese Sandwich Broccoli w/Dip Cup Pear Cup Milk	16 Cheese Pizza Cooked Carrots Peach Cup Milk	17 ½ Ham & Cheese Sandwich Pork N' Beans Applesauce Cup Milk
20 (EHS) Sunbutter & Jelly Sandwich Carrots – Mixed Fruit Cup – Milk (Pre-K) Sunbutter & Jelly Sandwich String Cheese – Carrots Mixed Fruit Cup – Milk	21 Grilled Cheese Sandwich Cucumber Slices Strawberries Milk	22 ½ Turkey & Cheese Sandwich Broccoli w/Dip Cup Pear Cup Milk	23 (EHS) 1-Chicken Tenders Mashed Potatoes – Peach Cup Milk (Pre-K) 2-Chicken Tenders Mashed Potatoes – Peach Cup Milk	24 ½ Ham & Cheese Sandwich Pork N' Beans Applesauce Cup Milk
27 	28 Grilled Cheese Sandwich Cucumber Slices Strawberries Milk	29 ½ Turkey & Cheese Sandwich Broccoli w/Dip Cup Pear Cup Milk	30 Hamburger Baked Oven Fries Peach Cup Milk	31  ½ Ham & Cheese Sandwich Pork N' Beans Applesauce Cup – Milk