







Jefferson High School Menu January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>7 Corn Dog Nuggets ● Sun chips Vegetarian Baked Beans Mandarin Oranges Milk Variety</p> <p>Alternate Choice: Hamburger or Soup & Cold Salad Bar w/Bun</p>	<p>8 Sweet and Sour Chicken Warm Tea Biscuits Veggie Choice Sweet Pineapple Tidbits Milk Variety</p>  <p>Alternate Choice: Chicken Patty on Bun or Potato/Chili Bar</p>	<p>9 California Burger Lettuce and Tomato Crinkle Cut Fries Petite Banana Milk Variety</p> <p>Alternate Choice: Walking Taco or Soup & Cold Salad Bar w/Bun</p>	<p>10 Cheese Ravioli Warm Tea Biscuits Lettuce/Bacon Bits Salad Chilled Mixed Fruit Ice Cream Treat Milk Variety</p> <p>Alternate Choice: Soup & Cold Salad Bar w/Bun</p>	<p>11 Italian Dunker's Cheesy Bread Veggie Choices Fruit Choices Variety Snack Milk Variety</p> <p>Alternate Choice: Chicken Fajita Wrap or Soup & Cold Salad Bar w/Bun</p>
<p>14 Sriracha Chicken Bites Creamy Mac and Cheese California Blend Chilled Mixed Fruit Milk Variety</p>  <p>Alternate Choice: Hamburger or Soup & Cold Salad Bar w/Bun</p>	<p>15 Meatball Sub Spicy Curly Fries Baked Beans Seasonal Fresh Fruit Milk Variety</p> <p>Alternate Choice: Chicken Patty on Bun or Potato/Chili Bar</p>	<p>16 Wild Mike's Cheese Bites Marinara Dipping Sauce Crisp Garden Salad Chilled Applesauce Variety Snack Milk Variety</p> <p>Alternate Choice: Goulash w/Tea Biscuit Soup & Cold Salad Bar w/Bun</p>	<p>17 Chicken Alfredo Pasta Warm Tea Biscuits Creamy Coleslaw Sliced Pears Milk Variety</p>  <p>Alternate Choice: Soup & Cold Salad Bar w/Bun</p>	<p>18 Toasted Cheese Sandwich Chicken Noodle Soup Fresh Veggie Choices Fruit Choices Milk Variety</p> <p>Alternate Choice: Chicken Fajita Wrap or Soup & Cold Salad Bar w/Bun</p>
<p>21</p> <p>No School</p> <p>Martin Luther King Jr Holiday</p>	<p>22 Hot Dog ● Tortilla Chips Vegetarian Baked Beans Sliced Peaches Milk Variety</p> <p>Alternate Choice: Chicken Patty on Bun or Potato/Chili Bar</p>	<p>23 Cheeseburger on WW Bun Lettuce & Tomato Sweet Potato Fries Mandarin Oranges Milk Variety</p>  <p>Alternate Choice: Hot & Spicy Chicken Strips Soup & Cold Salad Bar w/Bun</p>	<p>24 Beef Taco Lettuce and Salsa Seasoned Black Beans Chilled Sliced Pears Fruit Sorbet Milk Variety</p> <p>Alternate Choice: Soup & Cold Salad Bar w/Bun</p>	<p>25 French Toast Sticks Egg and Cheese Omelet Hash-brown Tri-Tators Juicy Oranges Milk Variety</p>  <p>Alternate Choice: Chicken Fajita Wrap or Soup & Cold Salad Bar w/Bun</p>
<p>28 French Bread Pizza Tortilla Chips Steamed Carrots Sliced Peaches Ice Cream Treat Milk Variety</p>  <p>Alternate Choice: Hamburger or Soup & Cold Salad Bar w/Bun</p>	<p>29 Chicken Drummies Mashed Potatoes and Gravy Warm Tea Biscuits Steamed Mixed Vegetables Seasonal Fresh Fruit Milk Variety</p> <p>Alternate Choice: Chicken Patty on Bun or Potato/Chili Bar</p>	<p>30 Hamburger on Bun Lettuce and Tomato Curly Fries Petite Banana Milk Variety</p> <p>Alternate Choice: Sub Sandwich ● Soup & Cold Salad Bar w/Bun</p>	<p>31 Spaghetti with Meat Warm Tea Biscuits Fresh Caesar Salad Sliced Pears Milk Variety</p> <p>Alternate Choice: Soup & Cold Salad Bar w/Bun</p>	<p>Feb 1</p> <p>No School</p> <p>Conferences/Workshop</p>
<p>Lactose reduced milk Available with written request.</p>	<p>● Turkey or Beef ▼ may contain Pork ■ may contain Nuts</p> <p>Menus may change without notice.</p>			<p>IM Does not follow menu alternates VVE follows different menu alternates</p>

