

# APRIL

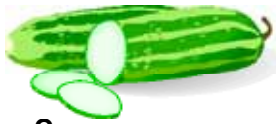


## JCHS BREAKFAST MENU

Jefferson City Public Schools 2019

## National Garden Month

### Garden Trivia



#### Cool as a cucumber?

It's true...the inside of a cucumber on the vine measures as much as 20 degrees cooler than the outside air on a warm day.

The biggest **Tomato** on record weighed in at a hefty 7 pounds 12 ounces. It was grown by Gordon Graham of Oklahoma.



#### Available Daily for Lunch

- PB & J Sandwich
- Deli Sandwich
- Yogurt Bundles
- Garden Bar

Menus Subject to Change

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>April Fool's Day</b> Burrito & Toast or Cereal & Toast	2 Breakfast Sandwich or Cereal & Toast	3 Pancake Sausage Stick or Cereal & Toast	4 Breakfast Pizza or Cereal & Toast	5 Mini Donuts & Toast or Cereal & Toast
8 Egg Casserole & Toast or Cereal & Toast	9 Breakfast Sandwich or Cereal & Toast	10 Mini Pancakes or Cereal & Toast	11 Biscuit & Gravy or Cereal & Toast	12 Muffin & Toast or Cereal & Toast
15 Scrambled Eggs & Toast or Cereal & Toast	16 Breakfast Sandwich or Cereal & Toast	17 Dutch Waffle or Cereal & Toast	18 Tornado & Toast or Cereal & Toast	19 <b>3 Hr Early Release</b> Cinnamon Biscuit & Toast or Cereal & Toast
22 Burrito & Toast or Cereal & Toast	23 Breakfast Sandwich or Cereal & Toast	24 Pancake Sausage Stick or Cereal & Toast	25 Biscuit & Gravy or Cereal & Toast	26 Donut Holes & Toast or Cereal & Toast
29 Egg Casserole & Toast or Cereal & Toast	30 Breakfast Sandwich or Cereal & Toast	May 1 Mini Pancakes or Cereal & Toast	2 Tornado & Toast or Cereal & Toast	3 Long John Donut & Toast or Cereal & Toast

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## JCHS LUNCH MENU



Jefferson City Public Schools  
2019



**tip:** Turns out that setting your mouth ablaze can be good for you. Hot chili peppers like habaneros, scotch bonnets, and jalapenos contain a substance called "capsaicin" that is a powerful pain reliever and that also helps curb the appetite, speed up metabolism, and burn up to 100 extra calories. The hotter the pepper the more capsaicin, so go on ---**feel the burn!**

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>April Fool's Day</b> Chicken Smackers or Grilled Cheese w/Soup	2 French Bread Pizza or Tetrazzini	3 Mexican Bar or Sub Sandwich	4 Spicy or Crispy Chicken Sandwich or Pulled Pork Sandwich	5 Choice of Pizza or General Tso's Chicken w/Rice
8 Chicken Nachos or Pretzel & Cheese	9 Pepperoni Bosco Breadsticks or Homemade Chicken Noodle Soup w/Wrap	10 Chili w/Cinnamon Roll or Hamburger or Cheeseburger	11 Spicy or Crispy Chicken Sandwich or Mini Corn Dogs	12 Choice of Pizza or Tuna Casserole  <b>Ice Cream w/Meal</b>
15 Chicken Nuggets w/Bread Item or Broccoli Cheddar Soup w/Muffin	16 Hamburger or Cheeseburger or White Chicken Chili w/Bread Item	17 Spaghetti w/Garlic Toast or Buffalo Chicken Wrap	18 Spicy or Crispy Chicken Sandwich or Little Smokies w/Bread Item	19 <b>3 Hr Early Release</b> Hot Dog  Chip w/Meal
22 Chicken Fajitas or BBQ Rib Sandwich	23 Pepperoni Bosco Breadsticks or Chicken Divan	24 Taco Crunch or French Toast Sticks w/Sausage	25 Spicy or Crispy Chicken Sandwich or Ravioli w/Bread Item	26 Choice of Pizza or Sweet & Sour Chicken w/Rice
29 Chicken Alfredo or Corn Dog	30 Chicken Drumsticks w/Bread Item or French Bread Pizza	May 1 Lasagna w/Garlic Toast or Pretzel & Cheese	2 Spicy or Crispy Chicken Sandwich or Tornados	3 Choice of Pizza or Fish Sticks w/Mac & Cheese

### Available Daily for Lunch

- PB & J Sandwich
- Deli Sandwich
- Yogurt Bundles
- Garden Bar

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## JAY BAR MENU

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### Available Daily for Lunch

- PB & J Sandwich
- Deli Sandwich
- Yogurt Bundles
- Garden Bar

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Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>April Fool's Day</b> Pizza or Hamburger or Pepperoni Bosco Breadsticks	2 Pizza or Hamburger or Popcorn Chicken	3 Pizza or Hamburger or Spicy Chicken Sandwich	4 Pizza or Hamburger or Crispy Chicken Sandwich	5 Pizza or Hamburger or Hot Dog
8 Pizza or Hamburger or Mozzarella Bosco Breadsticks	9 Pizza or Hamburger or Crispitos	10 Pizza or Hamburger or Spicy Chicken Sandwich	11 Pizza or Hamburger or Crispy Chicken Sandwich	12 Pizza or Hamburger or Popcorn Chicken
15 Pizza or Hamburger or Pepperoni Bosco Breadsticks	16 Pizza or Hamburger or Tornados	17 Pizza or Hamburger or Spicy Chicken Sandwich	18 Pizza or Hamburger or Crispy Chicken Sandwich	19 Pizza or Hamburger or Mini Corn Dogs <b>3 Hr Early Release</b>
22 Pizza or Hamburger or Mozzarella Bosco Breadsticks	23 Pizza or Hamburger or Hot Dog	24 Pizza or Hamburger or Spicy Chicken Sandwich	25 Pizza or Hamburger or Crispy Chicken Sandwich	26 Pizza or Hamburger or Popcorn Chicken
29 Pizza or Hamburger or Pepperoni Bosco Breadsticks	30 Pizza or Hamburger or Crispitos	May 1 Pizza or Hamburger or Spicy Chicken Sandwich	2 Pizza or Hamburger or Crispy Chicken Sandwich	3 Pizza or Hamburger or Hot Dog

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## ADULT MENU



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### Available Daily for Lunch

- PB & J Sandwich
- Deli Sandwich
- Yogurt Bundles
- Garden Bar

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Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>April Fool's Day</b> Chicken Smackers or Grilled Cheese w/Soup	2 Cheeseburger or Tetrazzini	3 Mexican Bar or Baked Potato Bar	4 Crispy Chicken Sandwich or Pulled Pork Sandwich	5 Choice of Pizza or General Tso's Chicken w/Rice
8 Chicken Nachos or Cheeseburger	9 Pepperoni Bosco Breadsticks or Homemade Chicken Noodle Soup w/Wrap	10 Chili w/Cinnamon Roll or Chicken Divan	11 Spicy Chicken Sandwich or Mini Corn Dogs	12 BBQ Rib or Tuna Casserole  <b>Ice Cream w/Meal</b>
15 Chicken Nuggets w/Bread Item or Broccoli Cheddar Soup w/Muffin	16 Turkey Wrap or White Chicken Chili w/Bread Item	17 Spaghetti w/Garlic Toast or Buffalo Chicken Wrap	18 Crispy Chicken Sandwich or Little Smokies w/Bread Item	19 <b>3 Hr Early Release</b> Hot Dog  Chip w/Meal
22 Chicken Fajitas or BBQ Rib Sandwich	23 Meatloaf or Chicken Divan	24 Taco Crunch or Baked Potato Bar	25 Spicy Chicken Sandwich or Ravioli w/Bread Item	26 Hot Dog or Sweet & Sour Chicken w/Rice
29 Chicken Alfredo or Corn Dog	30 Chicken Drumsticks w/Bread Item or French Bread Pizza	May 1 Lasagna w/Garlic Toast or Cheeseburger	2 Crispy Chicken Sandwich or Tornados	3 Choice of Pizza or Fish Sticks w/Mac & Cheese