

APRIL

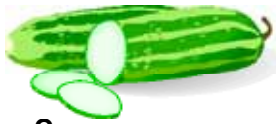
SECONDARY BREAKFAST MENU



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 April Fool's Day 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 3 Hr Early Release 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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SECONDARY 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 April Fool's Day 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 Ice Cream w/Meal
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 3 Hr Early Release 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

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