



**JCHS  
BREAKFAST MENU**

**HAVE HAPPIER HOLIDAYS**

**Four Simple Steps**

**1. Eat Healthy, Exercise and Get Plenty of Sleep.**

Make a commitment to staying healthy through the holiday season. Balance the desire to indulge in tempting treats by first filling up on fresh produce and whole grains.

**2. Manage Your Expectations.**

Sometimes we create our own stress by setting expectations that everything has to be "perfect."

**3. Take control of your time.**

Stay focused on doing things that you enjoy and find meaningful.

**4. Celebrate and Give.**

Slow down and enjoy time with family and friends. Find a few minutes this month to make a difference for someone less fortunate.



**Available Daily for Lunch**

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

Menus Subject to Change

This institution is an equal opportunity provider.



Mon	Tues	Wed	Thurs	Fri
3 Scrambled Eggs & Toast or Cereal & Toast	4 Breakfast Sandwich or Cereal & Toast  	5 Pancake Sausage Stick or Cereal & Toast	6 Biscuit & Gravy or Cereal & Toast	7 Muffin & Toast or Cereal & Toast
10 Burrito & Toast or Cereal & Toast	11 Breakfast Sandwich or Cereal & Toast	12 Waffles & Toast or Cereal & Toast	13 Biscuit & Gravy or Cereal & Toast	14 Cinnamon Roll & Toast or Cereal & Toast  
17 Egg Casserole & Toast or Cereal & Toast	18 Breakfast Sandwich or Cereal & Toast	19 Manager's Choice or Cereal & Toast	20 Manager's Choice or Cereal & Toast	21 Manager's Choice or Cereal & Toast  <b>3 Hr Early Release</b>

**Milk Served Daily**

- Skim Milk
- 1% Milk
- Fat Free Strawberry Milk
- Fat Free Chocolate Milk



Pay online or monitor account at:  
[myschoolbucks.com](http://myschoolbucks.com)

**Apply Online!**  
Free & Reduced Meal Benefits 24/7  
[www.heartlandapps.com](http://www.heartlandapps.com)  
Click here



*Merry Christmas  
from the Jefferson City Public Schools  
School Nutrition Services  
Have a safe and Happy New Year!!!*



2018

# JCHS LUNCH MENU

## HAVE HAPPIER HOLIDAYS

### Four Simple Steps

#### 1. Eat Healthy, Exercise and Get Plenty of Sleep.

Make a commitment to staying healthy through the holiday season. Balance the desire to indulge in tempting treats by first filling up on fresh produce and whole grains.

#### 2. Manage Your Expectations.

Sometimes we create our own stress by setting expectations that everything has to be "perfect."

#### 3. Take control of your time.

Stay focused on doing things that you enjoy and find meaningful.



#### 4. Celebrate and Give.

Slow down and enjoy time with family and friends. Find a few minutes this month to make a difference for someone less fortunate.

**Available Daily for Lunch**

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

Menus Subject to Change  
This institution is an equal opportunity provider.

Mon	Tues	Wed	Thurs	Fri
3 Hot Dog or Chicken Nachos	4 General Tso's w/Rice or Ravioli-Regular/Toasted w/Garlic Toast 	5 Lasagna w/Garlic Biscuit or Crispitos	6 Crispy or Spicy Chicken Sandwich or Tuna Casserole w/Hot Roll	7 Choice of Pizza or Hot Ham & Cheese  <b>Ice Cream w/Meal</b>
10 Chicken Tenders w/Bread Item or Broccoli Soup w/Muffin	11 Pepperoni Bosco Breadsticks or Little Smokies w/Biscuit	12 BBQ Chicken Bun or Corn Dog	13 <b>Holiday Dinner</b>  Turkey Roast  <b>Dessert w/Meal</b>	14 Choice of Pizza or Fish Sticks w/Mac & Cheese  
17 Hamburger or Cheeseburger or Tetrazzini	18 BBQ Chicken Sluggers w/Bread Item or Taco Soup w/Grilled Cheese	19 Manager's Choice	20 Crispy or Spicy Chicken Sandwich or French Toast w/Sausage Links	21 Manager's Choice  <b>3 Hr Early Release</b>

**Milk Served Daily**

- Skim Milk
- 1% Milk
- Fat Free Strawberry Milk
- Fat Free Chocolate Milk



Pay online or monitor  
account at:  
[myschoolbucks.com](http://myschoolbucks.com)

**Apply Online!**  
Free & Reduced Meal Benefits 24/7  
[www.heartlandapps.com](http://www.heartlandapps.com)  
Click here



*Merry Christmas  
from the Jefferson City Public Schools  
School Nutrition Services  
Have a safe and Happy New Year!!!*



2018

## JAY BAR LUNCH MENU

HAVE HAPPIER HOLIDAYS

### Four Simple Steps

#### 1. Eat Healthy, Exercise and Get Plenty of Sleep.

Make a commitment to staying healthy through the holiday season. Balance the desire to indulge in tempting treats by first filling up on fresh produce and whole grains.

#### 2. Manage Your Expectations.

Sometimes we create our own stress by setting expectations that everything has to be "perfect."

#### 3. Take control of your time.

Stay focused on doing things that you enjoy and find meaningful.


#### 4. Celebrate and Give.

Slow down and enjoy time with family and friends. Find a few minutes this month to make a difference for someone less fortunate.

**Available Daily for Lunch**

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

Menus Subject to Change  
This institution is an equal opportunity provider.

Mon	Tues	Wed	Thurs	Fri
3 Pizza or Hamburger or Mozzarella Bosco Breadsticks	4 Pizza or Hamburger or Hot Dog 	5 Pizza or Hamburger or Spicy Chicken Sandwich	6 Pizza or Hamburger or Crispy Chicken Sandwich	7 Pizza or Hamburger or Chicken Strips w/Bread Item  <b>Ice Cream w/Meal</b>
10 Pizza or Hamburger or Pepperoni Bosco Breadsticks	11 Pizza or Hamburger or Tornados	12 Pizza or Hamburger or Spicy Chicken Sandwich	13 Pizza or Hamburger or Crispy Chicken Sandwich	14 Pizza or Hamburger or Chicken Nuggets w/Bread Item
17 Pizza or Hamburger or Mozzarella Bosco Breadsticks	18 Pizza or Hamburger or Crispito	19 Pizza or Hamburger or Spicy Chicken Sandwich	20 Pizza or Hamburger or Crispy Chicken Sandwich	21 <b>3 Hr Early Release</b> Pizza or Hamburger or Corn Dog

**Milk Served Daily**

- Skim Milk
- 1% Milk
- Fat Free Strawberry Milk
- Fat Free Chocolate Milk



Pay online or monitor account at:  
[myschoolbucks.com](http://myschoolbucks.com)

**Apply Online!**  
Free & Reduced Meal Benefits 24/7  
[www.heartlandapps.com](http://www.heartlandapps.com)  
Click here



*Merry Christmas  
from the Jefferson City Public Schools  
School Nutrition Services  
Have a safe and Happy New Year!!!*



# ADULT LUNCH MENU

HAVE HAPPIER HOLIDAYS

## Four Simple Steps

### 1. Eat Healthy, Exercise and Get Plenty of Sleep.

Make a commitment to staying healthy through the holiday season. Balance the desire to indulge in tempting treats by first filling up on fresh produce and whole grains.

### 2. Manage Your Expectations.

Sometimes we create our own stress by setting expectations that everything has to be "perfect."

### 3. Take control of your time.

Stay focused on doing things that you enjoy and find meaningful.



### 4. Celebrate and Give.

Slow down and enjoy time with family and friends. Find a few minutes this month to make a difference for someone less fortunate.

**Available Daily for Lunch**

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

Menus Subject to Change  
This institution is an equal opportunity provider.

Mon	Tues	Wed	Thurs	Fri
3 Hot Dog Bar or Chicken Divan	4 General Tso's w/Rice or Hamburger 	5 Lasagna w/Garlic Biscuit or Hot Ham & Cheese	6 Corn Dog or Tuna Casserole w/Hot Roll	7 Choice of Pizza or BBQ Pork Sandwich  <b>Ice Cream w/Meal</b>
10 Chicken Tenders w/Bread Item or Broccoli Soup w/Muffin	11 Spagherti or Little Smokies w/Biscuit	12 BBQ Chicken Sandwich or Chicken Alfredo	13 <b>Holiday Dinner</b> Turkey Roast or Ham  <b>Dessert w/Meal</b>	14 Chicken Fajita or Fish Sticks w/Mac & Cheese  
17 Chicken Sub or Tetrazzini	18 BBQ Chicken Sluggers w/Bread Item or Taco Soup w/Grilled Cheese	19 Manager's Choice	20 Crispy Chicken Sandwich or Spicy Chicken Sandwich	21 Manager's Choice  <b>3 Hr Early Release</b>

**Milk Served Daily**

- Skim Milk
- 1% Milk
- Fat Free Strawberry Milk
- Fat Free Chocolate Milk



Pay online or monitor account at:  
[myschoolbucks.com](http://myschoolbucks.com)

**Apply Online!**  
Free & Reduced Meal Benefits 24/7  
[www.heartlandapps.com](http://www.heartlandapps.com)  
Click here



*Merry Christmas  
from the Jefferson City Public Schools  
School Nutrition Services  
Have a safe and Happy New Year!!!*