



SECONDARY 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 3 Hr Early Release

Milk Served Daily

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



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



SECONDARY LUNCH MENU

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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 Ice Cream w/Meal
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 Holiday Dinner Turkey Roast Dessert w/Meal	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 3 Hr Early Release 

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