

SECONDARY BREAKFAST MENU

HAVE HAPPIER HOLIDAYS

2018

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.

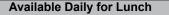
Sometimes we create our own stress by setting expectations that everything has to be "perfect."

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.



- · 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
V hools	3	4	5	6	7
	Scrambled Eggs & Toast	Breakfast Sandwich	Pancake Sausage Stick	Biscuit & Gravy	Muffin & Toast
	or Cereal & Toast	or Cereal & Toast	or Cereal & Toast	or Cereal & Toast	or Cereal & Toast
	10	11	12	13	14
	Burrito & Toast or Cereal & Toast	Breakfast Sandwich or Cereal & Toast	Waffles & Toast or Cereal & Toast	Biscuit & Gravy or Cereal & Toast	Cinnamon Roll & Toast or Cereal & Toast
	17	18	19	20	21
	Egg Casserole & Toast or Cereal & Toast	Breakfast Sandwich or Cereal & Toast	Manager's Choice or Cereal & Toast	Manager's Choice or Cereal & Toast	Manager's Choice or Cereal & Toast
					3 Hr Early Release



Fat Free Chocolate Milk

Click here

Pay online or monitor account at: myschoolbucks.com



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



SECONDARY LUNCH MENU

HAVE HAPPIER HOLIDAYS

2018

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.

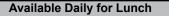
Sometimes we create our own stress by setting expectations that everything has to be "perfect."

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.



- · 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 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



· Fat Free Strawberry Milk Fat Free Chocolate Milk

Click here

Pay online or monitor account at: myschoolbucks.com



