

Feb.

JCHS Menu



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
			1 Chili w/Fritos or Hot Dog Bar	2 Nacho Bites w/Queso or Little Smokies w/Biscuit
5 Hamburger or Cheeseburger or Tornados	6 Chicken Tetrazzini or Crispy or Spicy Chicken Filet Sandwich	7 Chicken Nuggets or Hot Dog Bar Chips w/Meal	8 Taco Crunch or Turkey/Ham Club Sandwich	9 Choice of Pizza or General Tso's Chicken w/Rice
12 Early Release Corn Dog or Enchiladas	13 Fat Tuesday Ham/Turkey Sandwich w/Gumbo or Muffaletta wGumbo  Kings Cake w/Meal	14 Valentine's Day Fish Sticks or Broccoli Cheese Soup w/Hot Roll 	15 Pasta & Meat Sauce or Crispy or Spicy Chicken Filet Sandwich	16 Choice of Pizza or Mozzarella Bosco Breadsticks
19 President's Day No School	20 Hot Dog Bar or Crispy or Spicy Chicken Filet Sandwich	21 Chili w/Cinnamon Roll or Chicken Nuggets	22 Lasagna or BBQ Chicken Legs w/Bread Ice Cream w/Meal	23 Choice of Pizza or Tuna Casserole w/Hot Roll
26 Hamburger or Cheeseburger or Bosco Breadsticks	27 Toasted Ravioli & Marinara Sauce w/Garlic Toast or Popcorn Chicken	28 General Tso's Chicken w/Rice or Chicken Tenders	March 1 Taco Pie or Garlic Parmesan Grilled Chicken Sub	March 2 No School 



- The number of these conversation candy hearts produced is approximately 8 billion.
- There are approximately 50 million roses given on Valentine's Day around the world.
- Women tend to buy approximately 85% of all the Valentine's Day cards sold.

Apply Online!
 Free & Reduced Meal Benefits 24/7
www.heartlandapps.com
 Click here

Feb.

JCHS Breakfast



- The number of these conversation candy hearts produced is approximately 8 billion.
- There are approximately 50 million roses given on Valentine's Day around the world.
- Women tend to buy approximately 85% of all the Valentine's Day cards sold.

Apply Online!
Free & Reduced Meal Benefits 24/7
www.heartlandapps.com
Click here

Mon	Tues	Wed	Thurs	Fri
Bi 	Available Daily for Lunch <ul style="list-style-type: none"> • PB & J Sandwich • Deli Sandwich • Yogurt Bundles • Garden Bar Menus Subject to Change This institution is an equal opportunity provider.		1 Sausage & Egg Biscuit or Pancake on a Stick	2 Breakfast Burrito or Donut & Toast
5 Scrambled Eggs w/Ham & Biscuit Platter	6 Biscuit & Gravy or Cinnamon Biscuit	7 Breakfast Pizza or Cinnamon Roll & Toast	8 Sausage & Egg Biscuit or Pancake on a Stick	9 Breakfast Burrito or Donut & Toast
12 Early Release Scrambled Eggs w/Ham & Biscuit Platter	13 Fat Tuesday Biscuit & Gravy or Cinnamon Biscuit 	14 Valentine's Day Breakfast Pizza or Cinnamon Roll & Toast 	15 Sausage & Egg Biscuit or Pancake on a Stick	16 Breakfast Burrito or Donut & Toast
19 President's Day No School	20 Biscuit & Gravy or Cinnamon Biscuit	21 Breakfast Pizza or Cinnamon Roll & Toast	22 Sausage & Egg Biscuit or Pancake on a Stick	23 Breakfast Burrito or Donut & Toast
26 Scrambled Eggs w/Ham & Biscuit Platter	27 Biscuit & Gravy or Cinnamon Biscuit	28 Breakfast Pizza or Cinnamon Roll & Toast	March 1 Sausage & Egg Biscuit or Pancake on a Stick	March 2 No School 

Feb.

Jay Bar Menu



Jefferson City Public Schools



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
			1 Spicy Chicken Filet Sandwich	2 Chicken Tenders w/Bread
5 Pepperoni Bosco Breadsticks	6 Toasted Ravioli w/Garlic Toast	7 Crispy Chicken Filet Sandwich	8 Spicy Chicken Filet Sandwich	9 Popcorn Chicken w/Bread
12 Early Release Mozzarella Bosco Breadsticks	13 Fat Tuesday Toasted Ravioli w/Garlic Toast 	14 Valentine's Day Crispy Chicken Filet Sandwich 	15 Spicy Chicken Filet Sandwich	16 Chicken Tenders w/Bread
19 President's Day No School	20 Toasted Ravioli w/Garlic Toast	21 Crisp Chicken Filet Sandwich	22 Spicy Chicken Filet Sandwich 	23 Popcorn Chicken w/Bread
26 Pepperoni Bosco Breadsticks	27 Toasted Ravioli w/Garlic Toast	28 Crispy Chicken Filet Sandwich	March 1 Spicy Chicken Filet Sandwich	March 2 No School



- The number of these conversation candy hearts produced is approximately 8 billion.
- There are approximately 50 million roses given on Valentine's Day around the world.
- Women tend to buy approximately 85% of all the Valentine's Day cards sold.

Apply Online!
 Free & Reduced Meal Benefits 24/7
www.heartlandapps.com
 Click here

Feb.

JCHS Adult Menu



Jefferson City Public Schools



- The number of these conversation candy hearts produced is approximately 8 billion.
- There are approximately 50 million roses given on Valentine's Day around the world.
- Women tend to buy approximately 85% of all the Valentine's Day cards sold.

Apply Online!
Free & Reduced Meal Benefits 24/7
www.heartlandapps.com
Click here

Mon	Tues	Wed	Thurs	Fri	
		<p>Available Daily for Lunch</p> <ul style="list-style-type: none"> • PB & J Sandwich • Deli Sandwich • Yogurt Bundles • Garden Bar <p>Menus Subject to Change This institution is an equal opportunity provider.</p>		<p>1</p> <p>Chili w/Fritos or Baked Ham</p>	<p>2</p> <p>Nacho Bites w/Queso or Little Smokies w/Biscuit</p>
<p>5</p> <p>Hamburger or Cheeseburger or Bosco Breadsticks</p>	<p>6</p> <p>Chicken Tetrazzini or Crispy or Spicy Chicken Filet Sandwich</p>	<p>7</p> <p>Pasta Bar or Hot Dog Bar</p>	<p>8</p> <p>Meat Loaf or Turkey/Ham Club Sandwich</p>	<p>9</p> <p>Ham Alfredo or General Tso's Chicken w/Rice</p>	
<p>12 Early Release</p> <p>BBQ Rib Sandwich or Enchiladas</p>	<p>13 Fat Tuesday</p> <p>Ham/Turkey Sandwich w/Gumbo or Muffaletta w/Jambalaya Kings Cake w/Meal</p> 	<p>14 Valentine's Day</p> <p>Tuna Salad Sandwich or Broccoli Cheese Soup w/Hot Roll</p> 	<p>15</p> <p>Pasta & Meat Sauce or Crispy Chicken Filet Sandwich</p>	<p>16</p> <p>Choice of Pizza or Mozzarella Bosco Breadsticks</p>	
<p>19 President's Day</p> <p>No School</p>	<p>20</p> <p>Hot Dog Bar or Crispy or Spicy Chicken Filet Sandwich</p>	<p>21</p> <p>Chili w/Cinnamon Roll or Chicken Fajitas</p>	<p>22</p> <p>Lasagna or Crispitos & Cheese w/Rice</p>	<p>23</p> <p>Choice of Pizza or Fish Sticks</p>	
<p>26</p> <p>Hamburger or Cheeseburger or Ham & Beans w/Cornbread</p>	<p>27</p> <p>Toasted Ravioli & Marinara Sauce w/Garlic Toast or Vegetable Soup</p>	<p>28</p> <p>General Tso's Chicken w/Rice or Nacho Bar</p>	<p>March 1</p> <p>Reuben or Garlic Parmesan Grilled Chicken Sub</p>	<p>March 2</p> <p>No School</p> 	