

NOVEMBER



Jefferson City Public Schools
2018

JCHS Breakfast Menu

Healthy Diets & Active Lifestyles



SuperTracker:

My foods. My fitness. My health.

- Get your personalized nutrition and physical activity plan.
- Track your foods and physical activities to see how they stack up.
- Get tips and support to help you make healthier choices and plan ahead. www.supertracker.usda.gov

Mon	Tues	Wed	Thurs	Fri
			1 Biscuit & Gravy or Cereal & Toast	2 Cinnamon Roll & Toast or Cereal & Toast
5 Burrito & Toast or Cereal & Toast	6 Breakfast Sandwich or Cereal & Toast	7 Pancake Sausage Stick or Cereal & Toast	8 Biscuit & Gravy or Cereal & Toast	9 Long John Donut & Toast or Cereal & Toast
12 Scrambled Eggs & Toast or Cereal & Toast	13 Breakfast Sandwich or Cereal & Toast	14 Waffles & Toast or Cereal & Toast	15 Biscuit & Gravy or Cereal & Toast	16 Muffin & Toast or Cereal & Toast
19 Burrito & Toast or Cereal & Toast	20 Manager's Choice or Cereal & Toast	21 	22 THANKSGIVING BREAK NOVEMBER 21-23	23
26 Dutch Waffle & Toast or Cereal & Toast	27 Breakfast Sandwich or Cereal & Toast	28 Mini Pancakes or Cereal & Toast	29 Biscuit & Gravy or Cereal & Toast	30 Cinnamon Roll & Toast or Cereal & Toast

NOVEMBER

JCHS Lunch Menu



Jefferson City Public Schools
2018

Healthy Diets & Active Lifestyles



SuperTracker:

My foods. My fitness. My health.

- Get your personalized nutrition and physical activity plan.
- Track your foods and physical activities to see how they stack up.
- Get tips and support to help you make healthier choices and plan ahead. www.supertracker.usda.gov

Mon		Tues		Wed		Thurs		Fri	
					1 Spicy or BBQ Wings w/Bread or Tornados		2 Choice of Pizza or General Tso's w/Rice		
5 Pepperoni Bosco Breadsticks or Broccoli Cheese Soup & Sandwich		6 Chicken Tetrazzini or Toasted Ravioli w/Bread Item		7 Early Release Corn Dog or Crisritos		8 Spicy or Crispy Chicken Sandwich or Manwich		9 Choice of Pizza or Fish Sticks w/Mac & Cheese	
12 Hamburger or Cheeseburger or BBQ Rib Sandwich		13 Spicy or Crispy Chicken Sandwich or Pizza Flatbread Sandwich		14 Mexican Bar or French Toast w/Sausage Links		15 Thanksgiving Dinner Turkey Roast Dessert w/Meal		16 Choice of Pizza or Hot Ham & Cheese	
19 Mozzarella Bosco Breadsticks or Chicken Noodle Soup & Sandwich		20 Manager's Choice Ice Cream w/Meal		21 		22		23 THANKSGIVING BREAK NOVEMBER 21-23	
26 Hamburger or Cheeseburger or Hot Dog Bar		27 Pepperoni Bosco Breadsticks or Broccoli & Cheese Soup & Sandwich		28 Burrito Bar or Toasted Ravioli w/Bread Item		29 Chicken Tenders w/Biscuit or Chicken Alfredo		30 Choice of Pizza or Sub Sandwich	

NOVEMBER

JCHS Adult Menu



Jefferson City Public Schools
2018

Healthy Diets & Active Lifestyles



SuperTracker:

My foods. My fitness. My health.

- Get your personalized nutrition and physical activity plan.
- Track your foods and physical activities to see how they stack up.
- Get tips and support to help you make healthier choices and plan ahead. www.supertracker.usda.gov

Mon		Tues		Wed		Thurs		Fri			
						1	Tornados or Chili		2	General Tso's w/Rice or Pizza	
5	Broccoli Cheese Soup & Sandwich or Hamburger		6	Ham Alfredo or Toasted Ravioli		7	Early Release Corn Dog or Chicken Divan		8	Grilled Cheese or Potato Soup w/Wrap	
12	BBQ Rib Sandwich or Bosco Breadsticks		13	Spicy or Crispy Chicken Sandwich or Hamburger		14	Mexican Bar or Potato Bar		15	Thanksgiving Dinner Turkey Roast Dessert w/Meal	
19	Chicken Noodle Soup & Sandwich or Bosco Breadsticks		20	Manager's Choice Ice Cream w/Meal		21			22	THANKSGIVING BREAK NOVEMBER 21-23	
26	Mozzarella Bosco Breadsticks or Hot Dog Bar		27	Broccoli & Cheese Soup & Sandwich or BBQ Rib Sandwich		28	Spaghetti or Manwich		29		
									30	Choice of Pizza or Sub Sandwich	

NOVEMBER



Jefferson City Public Schools
2018

Jay Bar Lunch Menu

Healthy Diets & Active Lifestyles



SuperTracker:

My foods. My fitness. My health.

- Get your personalized nutrition and physical activity plan.
- Track your foods and physical activities to see how they stack up.
- Get tips and support to help you make healthier choices and plan ahead. www.supertracker.usda.gov

Mon		Tues		Wed		Thurs		Fri	
				1		2			
				Pizza or Hamburgers or Crispy Chicken Sandwich		Pizza or Hamburger or Chicken Nuggets w/Bread Item			
5		6		7 Early Release		8		9	
Pizza or Hamburgers or Pepperoni Bosco Breadsticks		Pizza or Hamburgers or Hot Dog		Pizza or Hamburgers or Spicy Chicken Sandwich		Pizza or Hamburgers or Crispy Chicken Sandwich		Pizza or Hamburgers or Chicken Tenders w/Bread Item	
12		13		14		15		16	
Pizza or Hamburgers or Mozzarella Bosco Breadsticks		Pizza or Hamburgers or Tornados		Pizza or Hamburgers or Spicy Chicken Sandwich		Pizza or Hamburgers or Crispy Chicken Sandwich		Pizza or Hamburgers or Chicken Nuggets w/Bread Item	
19		20		21		22		23	
Pizza or Hamburgers or Pepperoni Bosco Breadsticks		Pizza or Hamburger or Hot Dog Ice Cream w/Meal				THANKSGIVING BREAK NOVEMBER 21-23			
26		27		28		29		30	
Pizza or Hamburgers or Mozzarella Bosco Breadsticks		Pizza or Hamburgers or Tornados		Pizza or Hamburgers or Spicy Chicken Sandwich		Pizza or Hamburgers or Crispy Chicken Sandwich		Pizza or Hamburgers or Chicken Tenders w/Bread Item	