

OCTOBER

JCHS Breakfast Menu 2018




Milk Served Daily

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



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Monday	Tuesday	Wednesday	Thursday	Friday
1 Scrambled Eggs & Toast or Cereal & Toast	2 Breakfast Sandwich or Cereal & Toast	3 Pancake Sausage Stick or Cereal & Toast	4 Biscuit & Gravy or Cereal & Toast	5 Donut Holes & Toast or Cereal & Toast
8 No School PD-Day	9 Breakfast Sandwich or Cereal & Toast	10 French Toast Sticks or Cereal & Toast	11 Biscuit & Gravy or Cereal & Toast	12 Dutch Waffle & Toast or Cereal & Toast
15 Homemade Burrito & Toast or Cereal & Toast	16 Breakfast Sandwich or Cereal & Toast	17 Waffles & Toast or Cereal & Toast	18 Biscuit & Gravy or Cereal & Toast	19 Long John Donut & Toast or Cereal & Toast
22 Scrambled Eggs & Toast or Cereal & Toast	23 Breakfast Sandwich or Cereal & Toast	24 Pancake Sausage Minis or Cereal & Toast	25 Biscuit & Gravy or Cereal & Toast	26 No School
29 Homemade Burrito & Toast or Cereal & Toast	30 Breakfast Sandwich or Cereal & Toast	31 Mini Pancakes or Cereal & Toast 	Nov 1 Biscuit & Gravy or Cereal & Toast	2 Cinnamon Roll & Toast or Cereal & Toast

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Monday	Tuesday	Wednesday	Thursday	Friday
1 Mozzarella Bosco Breadsticks or Deli Wrap	2 Ham Alfredo or Hot Dog Bar	3 Mexican Bar or Sub Sandwich	4 Crispy or Spicy Chicken Sandwich or BBQ Pork Sandwich	5 Choice of Pizza or Tornados Ice Cream w/Meal
8 No School PD-Day	9 BBQ Chicken Legs w/Bread Item or Crisptos	10 Nacho Bar or Corn Dog	11 Crispy or Spicy Chicken Sandwich or Hamburger Chip w/Meal	12 Choice of Pizza or Ham Tetrizzini
15 Pepperoni Bosco Breadsticks or Broccoli Cheese Soup & Sandwich	16 Spicy or Crispy Chicken Sandwich or Mozzarella Sticks w/Marinara Sauce	17 Lasagna or Crisptos	18 Popcorn Chicken w/Bread Item or Tornados	19 Choice of Pizza or Fish Sticks w/Mac & Cheese
22 Mozzarella Bosco Breadsticks or BBQ Rib Sandwich	23 Spicy or Crispy Chicken Sandwich or Chicken Nachos w/Queso	24 Mexican or Toasted Ravioli w/Garlic Toast 	25 Choice of Pizza or Hot Ham & Cheese Sandwich	26 No School
29 Pepperoni Bosco Breadsticks or Hamburger or Cheeseburger	30 Spicy or Crispy Chicken Sandwich or Little Smokies w/Bread Item	31 Spaghetti & Meat Sauce w/Garlic Biscuit or Corn Dog Halloween Treat w/Meal	Nov 1 Mini Corn Dogs or Tornados	2 Choice of Pizza or General Tso's Chicken w/Rice

OCTOBER

JCHS Adult Lunch Menu

2018




Jefferson City Public Schools



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- Fat Free Chocolate Milk



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Monday	Tuesday	Wednesday	Thursday	Friday
1 Deli Wraps or Garlic Cheese Bread	2 Ham Alfredo or Cheeseburger	3 Mexican Bar or Potato Bar	4 Grilled Cheese & Tomato Soup or BBQ Pork Sandwich	5 Choice of Pizza or Tornados Ice Cream w/Meal
8 No School PD-Day	9 BBQ Chicken Legs w/Bread Item or Corn Dog	10 Nacho Bar or Ham & Beans	11 Spicy Chicken Sandwich or Chili Chip w/Meal	12 Choice of Pizza or Ham Tetrizzini
15 Crispy Chicken Sandwich or Broccoli Cheese Soup & Sandwich	16 Potato Cheesy Soup w/Sandwich or Mozzarella Sticks w/Marinara Sauce	17 Lasagna or Crispitos	18 Popcorn Chicken w/Bread Item or Tornados	19 Hamburger Mac or Fish Sticks w/Mac & Cheese
22 Mozzarella Bosco Breadsticks or BBQ Rib Sandwich	23 Crispy Chicken Sandwich or Little Smokies w/Bread	24 Mexican Bar or Potato Bar	25 Choice of Pizza or Pork Stew	26 No School
29 Pepperoni Bosco Breadsticks or Hot Ham & Cheese	30 Spicy or Crispy Chicken Sandwich or Meat Loaf	31  Spaghetti & Meat Sauce w/Garlic Biscuit or Chicken Tenders Halloween Treat w/Meal	Nov 1 Spicy Chicken Sandwich or Tornados	2 Cheeseburger or General Tso's Chicken w/Rice

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Jay Bar Lunch Menu 2018



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



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Monday	Tuesday	Wednesday	Thursday	Friday
1 Pizza or Hamburgers or Pepperoni Bosco Breadsticks	2 Pizza or Hamburgers or Tornados	3 Pizza or Hamburgers or Spicy Chicken Sandwich	4 Pizza or Hamburgers or Crispy Chicken Sandwich	5 Pizza or Hamburger or Mini Corn Dogs
8 No School PD-Day	9 Pizza or Hamburgers or Toasted Ravioli	10 Pizza or Hamburgers or Spicy Chicken Sandwich	11 Pizza or Hamburgers or Crispy Chicken Sandwich	12 Pizza or Hamburgers or Chicken Nuggets
15 Pizza or Hamburgers or Mozzarella Bosco Breadsticks	16 Pizza or Hamburgers or Tornado	17 Pizza or Hamburgers or Spicy Chicken Sandwich	18 Pizza or Hamburgers or Crispy Chicken Sandwich	19 Pizza or Hamburgers or Mini Corn Dogs
22 Pizza or Hamburgers or Pepperoni Bosco Breadsticks	23 Pizza or Hamburger or Toasted Ravioli	24 Pizza or Hamburgers or Spicy Chicken Sandwich 	25 Pizza or Hamburgers or Crispy Chicken Sandwich	26 No School
29 Pizza or Hamburgers or Mozzarella Bosco Breadsticks	30 Pizza or Hamburgers or Tornado	31 Pizza or Hamburgers or Spicy Chicken Sandwich	Nov 1 Pizza or Hamburgers or Crispy Chicken Sandwich	2 Pizza or Hamburgers or Chicken Nuggets