

December 2021

H.R. JEFFERIES JR HIGH

Monday

Did you know?

The first day of winter is on either December 21 or 22 - it is the shortest day of the year and the longest night.

CHICKEN ALFREDO 6
ITALIAN BREADSTICK
GARDEN SALAD
GREEN BEANS
FRUIT
MILK

CHILI CHEESE TOTS 13
CORN CHIPS
FRESH VEGGIE CUP
FRUIT
MILK

Tuesday

TAQUITOS W/QUESO 7
TEX-MEX CORN
BROCCOLI SALAD
FRUIT
DESSERT
MILK

X-TREME BURRITO 14
SEASONED CORN
CUCUMBER SLICES
FRUIT
DESSERT
MILK

Wednesday

NACHOS GRANDE 1
SALSA
REFRIED BEANS
CUCUMBER SLICES
FRUIT
DESSERT
MILK

CHICKEN FAJITAS 8
PINTO BEANS
BABY CARROTS
SALSA
FRUIT
DESSERT
MILK

CHICKEN NUGGETS 15
MAC-N-CHEESE
BABY CARROTS
STEAMED SQUASH
FRUIT
MILK

Thursday

TANGERINE CHICKEN 2
EGG ROLL
STEAMED RICE
BROCCOLI BITES
SEASONED CORN
FRUIT
MILK

COUNTRY FRIED STEAK 9
PEPPERED GRAVY
MASHED POTATOES
BREADED OKRA
DINNER ROLL
FRUIT
MILK

CHEESEBURGER 16
BURGER GARNISH
SUN CHIPS
TOMATO CUP
GARDEN SALAD
FRUIT
MILK

Friday

CHEESE PIZZA 3
BABY CARROTS
GREEN BEANS
FRUIT
DESSERT
MILK

HAMBURGER 10
OVEN FRIES
BURGER GARNISH
TOMATO CUP
FRUIT
MILK

FRENCH BREAD PIZZA 7
BAKED BEANS
SEASONED CORN
MARINARA CUP
FRUIT
DESSERT
MILK

BREAKFAST

MONDAY:
BACON, EGG & CHEESE
CROISSANT

TUESDAY:
OATMEAL
BREAKFAST PIZZA

WEDNESDAY:
BISCUIT
SAUSAGE
EGG
GRAVY

THURSDAY:
FRENCH TOAST
BACON

FRIDAY:
PANCAKES
SAUSAGE

EVERYDAY:
CEREAL
GRAHAM CRACKER
JUICE
FRUIT
MILK

"THIS PROVIDER IS AN
EQUAL OPPORTUNITY
PROVIDER"

HAVE A SAFE AND HAPPY HOLIDAY!!

MERRY CHRISTMAS AND A HAPPY NEW YEAR

ELIZABETH, PAULINA, JEREECE