

January 2025

H.R. JEFFERIES JR HIGH

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

Saxons called January the "Wolf Month" because hungry wolves would come into their towns searching for food this time of year.

HAPPY NEW YEAR!!

BREAKFAST

MONDAY:
PANCAKE
OATMEAL

TUESDAY:
FRENCH TOAST
BACON

WEDNESDAY:
EGG
SAUSAGE
BISCUIT
GRAVY

THURSDAY:
PANCAKE WRAP
YOGURT

FRIDAY:
SAUSAGE/EGG/ CHEESE
CROISSANT

EVERYDAY OPTION:
CEREAL
JUICE
FRUIT
MILK
CHEESE STICKS
OR
GRAHAM CRACKERS

"THIS PROVIDER IS AN
EQUAL OPPORTUNITY
PROVIDER"

STAFF
DEVELOPMENT

COMP DAY

MEAT & CHEESE CHALUPA
BEANS
CORN
SALSA
PUDDING
FRUIT/ MILK

BREADED DRUMSTICK
BISCUIT
GARDEN SALAD
SWEET POTATO FRIES
FRUIT
MILK

QUESADILLA
SALSA
BEANS
CUCUMBERS
ICE CREAM
FRUIT
MILK

CHICKEN FAJITAS
BEANS
CARROTS
SALSA
FRUIT
MILK

CHILI CHEESE TOTS
FRESH VEGGIE CUP
OVEN FRIES
FRUIT
MILK

WALKING TACO
BEANS
FRESH VEGGIE CUP
COOKIE
FRUIT
MILK

CRISPY CHICKEN SANDWICH
FRESH VEGGIE CUP
GARDEN SALAD
FRUITY GELATIN
FRUIT
MILK

SPAGHETTI BOWL
BREAD STICK
GARDEN SALAD
GREEN BEANS
FRUIT
MILK

FISH STICKS
MAC AND CHEESE
CARROTS
SQUASH
FRUIT
MILK

CHEESY BREADSTICKS
MARINARA SAUCE
BROCCOLI
FRUIT
MILK

BREADED PORK CHOP
ROLL
BROCCOLI
CORN
FRUIT
MILK

POPCORN CHICKEN
ROLL
CORN
CRUNCHY BROCCOLI SALAD
COOKIE
FRUIT
MILK

CHEESEBURGER
CHIPS
GARDEN SALAD
TOMATO CUP
FRUIT
MILK

BONELESS WINGS
CHIPS
CELERY STICKS
CARROTS
SHERBERT
FRUIT
MILK

CHEESEBURGER MACARONI
ROLL
CARROTS/
SAVORY GREEN BEANS
BROWNIES
FRUIT/ MILK

FRENCH BREAD PIZZA
GARDEN SALAD
TOMATO CUP
SNOWBALL SALAD
MILK

X-TREME BURRITO
CORN
CUCUMBERS
BROWNIE
FRUIT
MILK

CHICKEN FRIED STEAK
ROLL
SAVORY GREEN BEANS
CORN
FRUIT
MILK