

October 2024

H.R. JEFFERIES JR HIGH



Monday



Tuesday

Wednesday

Thursday

Friday

BBQ ON A BUN
FRESH VEGGIE CUP
POTATOES
FRUIT
MILK

FRENCH BREAD PIZZA
BABY CARROTS
SQUASH
FRUIT
MILK

QUESADILLA
GARDEN SALAD
TOMATO CUP
BROWNIE
FRUIT
MILK

STEAK FINGERS
MASHED POTATOES
CUCUMBER
ROLL
FRUIT
MILK

WESTERN BURGER
GARDEN SALAD
TOMATO CUP
FRUIT
MILK

MONTE CRISTO
BEANS
VEGGIE CUP
PB RICE KRISPIE
FRUIT
MILK

CHEESY BREAD STICKS
BROCCOLI
MARINARA
FRUIT
MILK

WALKING TACO
CELERY STICKS
CARROTS
SHERBERT
FRUIT
MILK

CHICKEN PARMESAN
ROLL
SAVORY GREEN BEANS
CORN
FRUIT
MILK

CHICKEN FRIED STEAK
ROLL
MASHED POTATOES
CARROTS
FRUIT
MILK

CRISPY CHICKEN
SANDWICH
RED BELL PEPPERS
BEANS /CUCUMBERS
ICE CREAM
FRUIT
MILK

SPAGHETTI BOWL
BREADSTICK
FRESH VEGGIE CUP
GARDEN SALAD
FRUITY GELATIN
MILK

ASIAN BOWL
EGG ROLL
BROCCOLI
CORN
FRUIT
MILK

CHEESEBURGER MACARONI
ROLL/ CARROTS
SAVORY GREEN BEANS
COOKIES
FRUIT
MILK

FISH STICKS
MASHED POTATOES
OKRA
ROLL
FRUIT
MILK

CHICKEN FAJITAS
REFRIED BEANS
CARROTS
SALSA
SHERBET
FRUIT
MILK

MEATBALL SUB
SANDWICH
GARDEN SALAD
SAVORY GREEN BEANS
FRUIT
MILK

POPCORN CHICKEN
ROLL/ CORN
CRUNCHY BROCCOLI
SALAD
BROWNIE
FRUIT
MILK

PIZZA CHOICE
OVEN FRIES
MARINARA SAUCE
SNOWBALL SALAD
MILK

NO SCHOOL

PHILLY CHEESESTEAK
OVEN FRIES
FRESH VEGGIE CUP
FRUIT
MILK

CHICKEN NUGGETS
MAC AND CHEESE
CARROTS
SQUASH
FRUIT
MILK

HAMBURGER
CHIPS
TOMATO CUP
GARDEN SALAD
FRUIT
MILK

Did you know?

National Fire Prevention Week falls during the week of October 9th each year. It commemorates the Great Chicago Fire of 1871.

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"