

# October 2025

## H.R. JEFFERIES JR. HIGH

Monday

Tuesday

Wednesday

Thursday

Friday

### Did you know?

The main reason for the color change of the leaves is not autumn's chilly weather, but lack of light. The green color of leaves disappears when photosynthesis (from sunlight) slows down, and the chlorophyll breaks down. Trees with a lot of direct sunlight will produce red leaves, while other trees may turn yellow, orange, or brown.

6  
BBQ ON A BUN  
CORN  
CUCUMBERS  
PB RICE KRISPIE TREAT  
FRUIT  
MILK

7  
CHILI CHEESE TOTS  
CORN CHIPS  
OVEN FRIES  
VEGGIE CUP  
FRUIT  
MILK

8  
FISH STICKS  
MAC & CHEESE  
CARROTS  
SQUASH  
FRUIT  
MILK

9  
HAMBURGER  
CHIPS  
TOMATO CUP  
BROCCOLI  
FRUIT  
MILK

10  
GREEN ENCHILADAS  
BEANS  
GARDEN SALAD  
SALSA  
PUDDING  
FRUIT  
MILK

13  
STAFF  
DEVELOPMENT

14  
MONTE CRISTO  
VEGGIE CUP  
GREEN BEANS  
COOKIES  
FRUIT  
MILK

15  
PIZZA  
MARINARA CUPS  
BROCCOLI  
SNOWBALL SALAD  
MILK

16  
BONELESS WINGS  
CHIPS  
CELERY  
CARROTS  
SHERBERT  
FRUIT  
MILK

17  
CHICKEN SPAGHETTI  
GARDEN SALAD  
TOMATO CUPS  
FRUIT  
MILK

20  
HAMBURGER MACARONI  
ROLL  
CARROTS  
GREEN BEANS  
BROWNIES  
FRUIT & MILK

21  
QUESADILLAS  
SALSA  
BEANS  
CUCUMBERS  
ICE CREAM  
FRUIT  
MILK

22  
SPAGHETTI W/ MEAT  
BREADSTICKS  
VEGGIE CUP  
GARDEN SALAD  
FRUITY GELATIN  
MILK

23  
SALISBURY STEAK  
ROLL  
BROCCOLI  
CORN  
FRUIT  
MILK

24  
HAMBURGER  
OVEN FRIES  
TOMATO CUP  
FRUIT  
MILK

27  
TEXAS BASKET  
TOMATO CUP  
FRUIT  
MILK

28  
CHICKEN FAJITA  
SPANISH RICE  
BEANS  
CARROTS  
SALSA  
SHERBERT  
FRUIT / MILK

29  
CHICKEN ALFREDO  
GARDEN SALAD  
CALIFORNIA BLEND  
VEGGIE  
FRUIT  
MILK

30  
WALKING TACO  
CORN  
CRUNCHY BROCCOLI  
SALAD  
PB RICE KRISPIE TREAT  
FRUIT  
MILK

31  
STEAK FINGERS  
GRAVY  
ROLL  
POTATOES  
GREEN BEANS  
FRUIT  
MILK

### BREAKFAST

MONDAY  
PANCAKE  
OATMEAL

TUESDAY:  
FRENCH TOAST  
BACON  
YOGURT

WEDNESDAY:  
EGG  
SAUSAGE  
BISCUIT  
GRAVY

THURSDAY:  
BREAKFAST BURRITO

FRIDAY:  
SAUSAGE/EGG/CHEESE  
CROISSANT

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

"THIS PROVIDER IS AN  
EQUAL OPPORTUNITY  
PROVIDER"