

September 2024

H.R. JEFFERIES JR HIGH

Monday

STAFF
HOLIDAY

CHICKEN SPAGHETTI
BREAD STICKS
GARDEN SALAD
TOMATO CUP
FRUIT
MILK

STAFF
DEVELOPMENT

COUNTRY FRIED STEAK
POTATOES
OKRA
ROLL
GRAVY
FRUIT & MILK

MEAT CHALUPAS
BEANS
SALSA
CORN
PUDDING
FRUIT
MILK

Tuesday

CHICKEN & WAFFLES
FRESH VEGGIE CUP
POTATOES
FRUIT
MILK

WALKING TACO
BEANS
FRESH VEGGIE CUP
BROWNIE
FRUIT
MILK

QUESADILLA
SALSA
BEANS
CUCUMBERS
ICE CREAM
FRUIT
MILK

CHICKEN FAJITAS
BEANS
CARROTS
SALSA
SHERBERT
FRUIT
MILK

Wednesday

ASIAN BOWL
EGG ROLL
CARROTS
SQUASH
FRUIT
MILK

CHEESY BREAD STICKS
BROCCOLI
MARINARA SAUCE
FRUIT
MILK

SPAGHETTI BOWL
BREAD STICKS
FRESH VEGGIE CUP
FRUIT
MILK

MEATBALL SANDWICH
SAVORY GREEN BEANS
GARDEN SALAD
FRUIT
MILK

Thursday

CHEESEBURGUR
CHIPS
TOMATO CUP
GARDEN SALAD
FRUIT
MILK

BONELESS WINGS
CHIPS
CELERY STICKS
BABY CARROTS
SHERBERT
FRUIT
MILK

BREADED PORK CHOP
ROLL
GRAVY
BROCCOLI
CORN
FRUIT
MILK

POPCORN CHICKEN
ROLL
CRUNCHY BROCCOLI SALAD
CORN
PB RICE KRISPIE TREAT
FRUIT & MILK

Friday

X-TREME BURRITO
CORN
CUCUMBERS
PB RICE KRISPIE TREAT
FRUIT
MILK

CHICKEN PARMESAN
ROLL
SAVORY GREEN BEANS
CORN
FRUIT
MILK

PIZZA
SAVORY GREEN BEANS
CARROTS
COOKIE
FRUIT
MILK

HOT DOG
POTATOES
TOMATO CUP
SNOWBALL SALAD
MILK

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

Did you know?

September in the Northern Hemisphere
is similar to March in the Southern
Hemisphere.

"THIS PROVIDER IS AN
EQUAL OPPORTUNITY
PROVIDER"