

Jefferson-Morgan School District Elementary School Menu

September is National
"Fruit and Veggies -More Matters" Month.
Go to www.fruitsandveggiesmorematters.org
for the top 10 reasons to eat more.



Lunch: 1.60 Reduced .40
Breakfast: 1.00 Reduced .30
Milk Only: .45 Cents

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|--|---|--|---|--|---|
| ***Daily Alternate Entrees*** | | *** Daily Asst. Grab & Go Breakfast Entrees*** | | | |
| <p>Mon. - Hot Ham & Cheese Sandwich Tue. - Hot Dog w/ Bun or Mini Corn Dogs Wed. - Cheeseburger w/ Bun Thur. - Chicken Patty Sandwich Fri. - Oven-Baked Italian Hoagie</p> <p style="color: red;"><i>Welcome Back!</i></p> | |  <p style="color: orange;"><i>Go Rockets!</i></p> | | | <p>Asst. Cereal w/ Grahams "Super" Honeybun Asst. Reduced-Fat Muffins Trix Low Fat Yogurt</p> |
| 30 | 31 | 1 | 2 | 3 | |
| <p><u>Breakfast</u> Whole Grain Pop Tart Asst. 100% Juice Cup Milk Choice</p> <p><u>Lunch</u> Chicken Nuggets Oven Potatoes Whole Wheat Dinner Roll Asst. Chilled Fruit Milk Choice</p> | <p><u>Breakfast</u> Breakfast Pizza Asst. 100% Juice Cup Milk Choice</p> <p><u>Lunch</u> Chef Boyardee Ravioli w/Garlic Breadstick Tossed Salad Asst. Chilled Fruit Milk Choice</p> | <p><u>Breakfast</u> Egg & Cheese Sandwich Asst. 100% Juice Cup Milk Choice</p> <p><u>Lunch</u> Italian Dunkers w/Sauce Fresh Veggies w/Ranch Asst. Chilled Fruit Milk Choice</p> | <p><u>Breakfast</u> Breakfast Pizza Asst. 100% Juice Cup Milk Choice</p> <p><u>Lunch</u> Baked Macaroni & Cheese Green Beans Whole Wheat Dinner Roll Asst. Chilled Fruit Milk Choice</p> | <p><u>Breakfast</u> Mini Pancakes w/ Syrup Asst. 100% Juice Cup Milk Choice</p> <p><u>Lunch</u> Pepperoni Pizza Seasoned Vegetable Orange Smiles Asst. Chilled Fruit Milk Choice</p> | |
| 6 | 7 | 8 | 9 | 10 | |
| <p>Labor Day</p> <p>No School</p> | <p><u>Breakfast</u> Breakfast Pizza Asst. 100% Juice Cup Milk Choice</p> <p><u>Brunch Lunch</u> French Toast Sticks & Sausage Links Triangle Hashbrown Chilled Fruit Juice Asst. Chilled Fruit Milk Choice</p> | <p><u>Breakfast</u> Egg & Cheese Sandwich Asst. 100% Juice Cup Milk Choice</p> <p><u>Lunch</u> Fish Sandwich Mini Pierogies Fruit Bar Asst. Chilled Fruit Milk Choice</p> |  <p><u>Breakfast</u> Breakfast Pizza Asst. 100% Juice Cup Milk Choice</p> <p><u>Lunch</u> Sloppy Joe Sandwich Potato Wedges Pickle Spear Asst. Chilled Fruit Milk Choice</p> | <p><u>Breakfast</u> Mini Pancakes w/ Syrup Asst. 100% Juice Cup Milk Choice</p> <p><u>Lunch</u> Stuffed Crust Pizza Crisp Veggies and Dip Berry Applesauce Asst. Chilled Fruit Milk Choice</p> | |

START YOUR DAY THE RIGHT WAY...CHOOSE BREAKFAST!

Jefferson-Morgan School District Elementary School Menu

Milk Choices: Skim, 1%,
1% Choc, Strawberry and
Vanilla



**Assorted fresh fruits
served daily**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|
| 13 | 14 | 15 | 16 | 17 |
| <p><u>Breakfast</u> Whole Grain Pop Tart Asst. 100% Juice Cup Milk Choice</p> <p><u>Lunch</u> Corn Dog Nuggets Potato Smiles Asst. Chilled Fruit Milk Choice</p> | <p><u>Breakfast</u> Breakfast Pizza Asst. 100% Juice Cup Milk Choice</p> <p><u>Lunch</u> Baked Potato Bar Seasoned Broccoli Whole Wheat Dinner Roll Asst. Chilled Fruit Milk Choice</p> | <p><u>Breakfast</u> Egg & Cheese Sandwich Asst. 100% Juice Cup Milk Choice</p> <p><u>Lunch</u> Sliced Turkey Breast Sandwich w/ Cheese Fresh Melon Spears Asst. Chilled Fruit Milk Choice</p> | <p><u>Breakfast</u> Breakfast Pizza Asst. 100% Juice Cup Milk Choice</p> <p><u>Lunch</u> Pasta & Meat Sauce Garlic Breadstick Tossed Salad Asst. Chilled Fruit Milk Choice</p> | <p><u>Breakfast</u> Mini Pancakes w/ Syrup Asst. 100% Juice Cup Milk Choice</p> <p><u>Lunch</u> Cheesy Pizza Seasoned Vegetable Asst. Chilled Fruit Milk Choice</p> |
| 20 | 21 | 22 | 23 | 24 |
| <p><u>Breakfast</u> Whole Grain Pop Tart Asst. 100% Juice Cup Milk Choice</p> <p><u>Lunch</u> Popcorn Chicken Oven Potatoes Asst. Chilled Fruit Milk Choice</p> | <p><u>Breakfast</u> Breakfast Pizza Asst. 100% Juice Cup Milk Choice</p> <p><u>Lunch</u> Turkey Breast & Gravy over Homestyle Biscuit Mashed Potatoes & Gravy Asst. Chilled Fruit Milk Choice</p> | <p><u>Breakfast</u> Egg & Cheese Sandwich Asst. 100% Juice Cup Milk Choice</p> <p><u>Lunch</u> Nacho Bar Seasoned Broccoli Fruit Sherbet Asst. Chilled Fruit Milk Choice</p> | <p><u>Breakfast</u> Breakfast Pizza Asst. 100% Juice Cup Milk Choice</p> <p><u>Lunch</u> Toasted Cheese Sandwich Creamy Tomato Soup Cheddar Crackers Asst. Chilled Fruit Milk Choice</p> | <p><u>Breakfast</u> Mini Pancakes w/ Syrup Asst. 100% Juice Cup Milk Choice</p> <p><u>Lunch</u> Deep Dish Personal Pizza Tossed Salad Warm Cinnamon Apple Slices Asst. Chilled Fruit Milk Choice</p> |
| 27 | 28 | 29 | <p>Did You Know?</p> <p>John Chapman spent nearly 50 years traveling across the country planting seeds, pruning and caring for the trees he planted.</p> <p>He is better known as Johnny Appleseed. He planted apple trees to help pioneers avoid hunger as they settled the West. Apples contain many vitamins and minerals to help prevent illnesses. Celebrate his 235th birthday on Sept. 26</p> | |
| <p><u>Breakfast</u> Whole Grain Pop Tart Asst. 100% Juice Cup Milk Choice</p> <p><u>Lunch</u> Chicken Nuggets Oven Potatoes Asst. Chilled Fruit Milk Choice</p> | <p><u>Breakfast</u> Breakfast Pizza Asst. 100% Juice Cup Milk Choice</p> <p><u>Lunch</u> Soft or Hard Taco Cheese/Tom/Lett/Salsa Corn Niblets Asst. Chilled Fruit Milk Choice</p> | <p><u>Breakfast</u> Egg & Cheese Sandwich Asst. 100% Juice Cup Milk Choice</p> <p><u>Lunch</u> Chicken Sticks Creamy Mac & Cheese Asst. Chilled Fruit Milk Choice</p> | | |

