

Jefferson-Morgan School District Elementary School Menu

Lunch: 1.70 Reduced .40
Breakfast: 1.00 Reduced .30



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>****Daily Alternate Entrees****</p> <p>Mon. - Hot Ham & Cheese Sandwich Tue. - Hot Dog on Bun Wed. - Cheeseburger w/Bun Thur. - Chicken Patty Sandwich Fri. - Fish w/Bun</p>		<p>Free and reduced applications are accepted at any time throughout the school year. A form can be obtained by calling the school office or visiting www.compass.state.pa.us or JMSD.org</p>		<p>*** Asst. Grab & Go Breakfast Entrees***</p> <p>Asst. Cereal w/ Keebler Grahams "Super" Honeybun Asst. Reduced-Fat Muffins Trix Low Fat Yogurt Kellogg's Whole Grain Pop Tart</p>	
		1	2	3	
		<p><u>Breakfast</u> Egg & Cheese Sandwich Asst. Grab & Go Entrees Asst. 100% Juice Cups Milk Choice</p> <p><u>Lunch</u> Turkey & Cheese Hoagie Fresh Veggies/Dip Chilled Fruit Cup Milk Choice</p>	<p><u>Breakfast</u> Breakfast Pizza Asst. Grab & Go Entrees Asst. 100% Juice Cups Milk Choice</p> <p style="text-align: right; color: orange;">Groundhog Day</p> <p><u>Lunch</u> Baked Potato Bar Taco Meat/Cheese Sauce Seasoned Broccoli Whole Wheat Dinner Roll Chilled Fruit Cup Milk Choice</p>	<p><u>Breakfast</u> <i>Pillsbury Mini Cinnis</i> Asst. Grab & Go Entrees Asst. 100% Juice Cups Milk Choice</p> <p><u>Lunch</u> Mexican Pizza or Cheesy Pizza Square Seasoned Corn Chilled Fruit Cup Milk Choice</p>	
6	7	8	9	10	
<p><u>Breakfast</u> Pancake Wrap on a Stick Asst. Grab & Go Entrees Asst. 100% Juice Cups Milk Choice</p> <p><u>Lunch</u> Popcorn Chicken Oven Fries Chilled Fruit Cup Milk Choice</p>	<p><u>Breakfast</u> <i>Pillsbury Mini Pancakes</i> Asst. Grab & Go Entrees Asst. 100% Juice Cups Milk Choice</p> <p><u>Lunch</u> Toasted Cheese Sandwich Creamy Tomato Soup Saltine Crackers Chilled Fruit Cup Milk Choice</p>	<p><u>Breakfast</u> Egg & Cheese Sandwich Asst. Grab & Go Entrees Asst. 100% Juice Cups Milk Choice</p> <p><u>Lunch</u> Nacho Chips w/ Taco Meat & Cheese Sauce Seasoned Carrots Frozen Fruit Sherbet Chilled Fruit Cup Milk Choice</p>	<p><u>Breakfast</u> Breakfast Pizza Asst. Grab & Go Entrees Asst. 100% Juice Cups Milk Choice</p> <p><u>Lunch</u> Baked Ziti w/Meatsauce w/ Soft Garlic Breadstick Tossed Salad Chilled Fruit Cup Milk Choice</p>	<p><u>Breakfast</u> <i>Pillsbury Mini Cinnis</i> Asst. Grab & Go Entrees Asst. 100% Juice Cups Milk Choice</p> <p><u>Lunch</u> Pepperoni Pizza Square Cheesy Pizza Square Veggies/Dip Chilled Fruit Cup Rosy Applesauce Milk Choice</p>	

Jefferson-Morgan School District Elementary School Menu

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

**Assorted fresh fruits
served daily**

February



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13	Happy Valentine's Day	15	16	17
<p style="text-align: center;"><u>Breakfast</u></p> <p>Pancake Wrap on a Stick Asst. Grab & Go Entrees Asst. 100% Juice Cups Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p>Chicken Nuggets Oven Potatoes Seasoned Green Beans Chilled Fruit Cup Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p><i>Pillsbury Mini Pancakes</i> Asst. Grab & Go Entrees Asst. 100% Juice Cups Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p>Volcano Bowl WW Dinner Roll Chilled Fruit Cup Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p>Egg & Cheese Sandwich Asst. Grab & Go Entrees Asst. 100% Juice Cups Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p>BBQ Turkey on Bun Tater Tots Chilled Jello Cup Chilled Fruit Cup Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p>Breakfast Pizza Asst. Grab & Go Entrees Asst. 100% Juice Cups Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p>Italian Dunkers w/ Sauce Tossed Salad Chilled Fruit Cup Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p><i>Pillsbury Mini Cinnis</i> Asst. Grab & Go Entrees Asst. 100% Juice Cups Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p>Deep Dish Pepperoni Pizza Tossed Salad Chilled Fruit Cup Milk Choice</p>
20	21	22	23	24
<p style="text-align: center;">NO SCHOOL</p> <p style="text-align: center;"><i>President's Day</i></p>	<p style="text-align: center;"><u>Breakfast</u></p> <p><i>Pillsbury Mini Pancakes</i> Asst. Grab & Go Entrees Asst. 100% Juice Cups Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p><i>Chef Boyardee</i> Ravioli W/ Soft Garlic Breadstick Tossed Salad Chilled Fruit Cup Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p>Egg & Cheese Sandwich Asst. Grab & Go Entrees Asst. 100% Juice Cups Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p>Crispy Fish Nuggets Mini Pierogies Chilled Pudding Cup Chilled Fruit Cup Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p>Breakfast Pizza Asst. Grab & Go Entrees Asst. 100% Juice Cups Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p>Sloppy Joe Sandwich Oven Fries Chilled Fruit Cup Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p><i>Pillsbury Mini Cinnis</i> Asst. Grab & Go Entrees Asst. 100% Juice Cups Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p>Stuffed Crust Pizza Tossed Salad Chilled Fruit Cup Milk Choice</p>
27	28	29	<i>Calcium</i>	
<p style="text-align: center;"><u>Breakfast</u></p> <p>Pancake Wrap on a Stick Asst. Grab & Go Entrees Asst. 100% Juice Cups Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p>BBQ Pork Sandwich w/ Pickle Potato Smiles, Fruit Cup & Milk</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p><i>Pillsbury Mini Pancakes</i> Asst. Grab & Go Entrees Asst. 100% Juice Cups Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p>Mac & Cheese w/Roll Green Beans, Fruit Cup & Milk</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p>Egg & Cheese Sandwich Asst. Grab & Go Entrees Asst. 100% Juice Cups Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p>Creamed Turkey/Biscuit Mashed Potatoes/Gravy, Fruit & Milk</p>	<p style="text-align: center;">Did You Know?</p> <ul style="list-style-type: none"> - Vitamin D is needed for the body to absorb calcium. About 15 minutes of sunlight will help your body produce all of the vitamin D you need for the day! - It would take 7 cups of broccoli or 5 oranges to equal the amount of calcium found in a single glass of milk. - Good sources are milk, yogurt and cheese <i>but</i> oranges, peanuts, salmon, almonds, broccoli and spinach are also good sources of calcium. 	