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DAILY MENU OPTIONS

Breakfast: Cereal, Toast, Fruit, 100% Assorted Juice offered daily.
Lunch: Fresh Garden Salads, Gran N' Go sandwiches and assorted fruit daily.
Milk: Assorted Low Fat and Skim Milk offered with meals



JEFFERSON COUNTY BOARD OF EDUCATION

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 BREAKFAST Mini Pancakes or Yogurt, Oatmeal, Fruit & Juice</p> <p>LUNCH Chicken Nuggets (5) w/Baked Doritos or Salisbury Steak or Pork Roast w/gravy, w/WW Cornbread Turnip Greens, Yam Patties, Black-eyed Peas, Parmesan Tuscan Salad</p>	<p>2 BREAKFAST Scrambled Eggs, Hash browns, WW Toast or WW Ham Biscuit w/Grits, Fruit & Juice</p> <p>LUNCH Pizza Variety or Spicy Chicken on w/WW Bun or Roasted Chicken w/Breadstick, California Steamed Veggies, Mixed Green Salad & Fruit</p>
<p>5</p> <p>LABOR DAY SCHOOLS AND OFFICES CLOSED</p>	<p>6 BREAKFAST Cereal Bar, Oatmeal, Fruit, Juice</p> <p>LUNCH Taco Salad w/Mex Rice, OR Cheese Sticks, Mexican Beans, Steamed Broccoli, Fruit</p>	<p>7 BREAKFAST Scrambled Eggs, WW Toast, Bacon, Fruit, Juice</p> <p>LUNCH Steak Nuggets, OR Salisbury Steak w/Gravy, Yam Patties, Lima Beans, Rice, Cornbread, Fruit</p>	<p>8 BREAKFAST Mini Pancakes Fruit, Juice</p> <p>LUNCH Tetrazzini w/ WW Roll, OR Hot Pocket, Green Beans, Steamed Squash, Fruit</p>	<p>9 BREAKFAST Cinnamon Roll, Oatmeal, Fruit, Juice</p> <p>LUNCH Pizza, OR BBQ on WW Bun, Roasted Potatoes, Mixed Green Salad, Steamed Broccoli, Fruit</p>
<p>12 BREAKFAST Breakfast Pizza Fruit, Juice</p> <p>LUNCH Hamburger, OR Smokies Sausages w/Texas Toast, Baked Beans, French Fries, Coleslaw, Fruit</p>	<p>13 BREAKFAST WW Biscuit w/Ham and Cheese, Fruit, Juice</p> <p>LUNCH Chicken Fajita w/Peppers and Onions w/ Mex. Rice, OR Egg Rolls, Asian Rice, Edamame, Mixed Green Salad, Fruit</p>	<p>14 BREAKFAST Scrambled Eggs, WW Cinn. Toast, Grits, Fruit, Juice</p> <p>LUNCH Hot Wings w/ Texas Toast, OR Grilled Chicken Sand, Carrots & Celery w/ranch, W.K. Corn, Fruit</p>	<p>15 BREAKFAST Muffin, Oatmeal, Fruit, Juice</p> <p>LUNCH Chicken Parmesan w/Breadstick, OR Pizza, Green Beans, Steamed Mixed Green Salad, Fruit</p>	<p>16 BREAKFAST Waffle Sticks, Sausage Link, Fruit, Juice</p> <p>LUNCH *Fish Nuggets w/Hush Puppies, OR Chicken Alfredo w/ WW Roll, Baked Sweet Potato, California Vegetables, Fruit</p> <p>*Fish Allergies - Steak Nugget</p>
<p>19 BREAKFAST Chicken Biscuit Fruit, Juice</p> <p>LUNCH Taquito w/Cheese Sauce, OR Mexican Pizza, Black Beans, Chips w/Salsa, Italian Mixed Vegetables, Fruit</p>	<p>20 BREAKFAST Frudel, Oatmeal, Fruit, Juice</p> <p>LUNCH Chicken Nuggets, OR Beef Tips w/WG Rice, Sweet Potato Casserole, Green Beans, WW Roll, Fruit</p>	<p>21 BREAKFAST Scrambled Eggs, WW Toast, Grits, Fruit, Juice</p> <p>LUNCH Pizza, OR Buffalo Chix Wrap, Steamed Broccoli, Creamed Corn, Brownie, Fruit</p>	<p>22 BREAKFAST French Toast, Sausage Link, Fruit, Juice</p> <p>LUNCH Country Fried Steak w/Gravy w/Rice, w/Cornbread, OR Cheese Sticks, Turnip Greens, Pinto Beans, Fruit</p>	<p>23 BREAKFAST Breakfast Burrito Fruit, Juice</p> <p>LUNCH Hot Dog w/Fixings, OR Spicy Chicken Sand, Baked Beans, Raw Veggie Mix, Baked Chips, Fruit</p>
<p>26 BREAKFAST Sausage Biscuit Fruit, Juice</p> <p>LUNCH Quesadilla, OR Asian Chicken, Fried Rice, Black Beans, California Steamed Vegetables, Fruit</p>	<p>27 BREAKFAST Breakfast Bagel, Grits, Fruit, Juice</p> <p>LUNCH Spaghetti w/WW Roll, OR Pizza, Mixed Green Salad, Green Beans, Cauliflower w/cheese, Fruit</p>	<p>28 BREAKFAST Mini Waffles, Fruit, Juice</p> <p>LUNCH Biscuit, OR Pancakes, Scrambled Eggs, Grits, Sausage Link, Hashbrowns, Tomatoes, Fruit</p>	<p>29 BREAKFAST Fruit Parfait, Oatmeal, Juice</p> <p>LUNCH Meatloaf w/cornbread, OR Taquito w/Cheese Sauce, Mashed Potatoes, Blackeye Peas, Carrots, Fruit</p>	<p>30 BREAKFAST Scrambled Eggs, WW Toast, Grits, Bacon, Fruit, Juice</p> <p>LUNCH Chicken Fingers w/ WW Roll, OR Corndog, Steamed Broccoli, Sweet Potato, Fruit</p>

MENU - SEPTEMBER 2016 - Elementary School - 2 OPTIONS - MENU

Menu subject to change.

USDA and Jefferson County Schools are equal opportunity providers and employers.