

Jefferson-Morgan School District Elementary School Menu

Make the Grade with School Breakfast!

Fact: Students who eat breakfast show improved attendance, behavior, memory, test scores as well as decreased tardiness.



**Let's go
Rockets!**



Lunch: 2.30 Reduced .40

Breakfast: 1.15 Reduced .30

Milk Only: .55 Cents

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">Alternate Entrees</p> <p><i>Mon - Cheeseburger w/ Bun</i> <i>Tue - Chicken Patty w/ Bun</i> <i>Wed - Hot Dog w/ Bun</i> <i>Thur - Grilled Chicken Patty w/ Bun</i> <i>Fri - Corn Dog on Stick</i></p> <p>Daily Entrees - <i>Homemade *PBJ Sandwich or Café Combo Pack (includes Trix yogurt/granola cup/string cheese & roll)</i></p> <p><small>*PBJ Sandwiches are made with peanut-free Wowbutter or Sunbutter</small></p>		<p style="text-align: center;">ChooseMyPlate.gov</p>	<p style="text-align: center;">** Daily Grab & Go Breakfast Entrees**</p> <p style="text-align: center;"><i>Whole Grain Pop Tarts</i> <i>Assorted Bakery Items</i> <i>Low-Fat Trix Yogurt</i> <i>Assorted Cereal and Cereal Bars</i></p>	
<p>****Mini Fruit and Veggie Bar Offered Daily****</p> <p>Choose up to two Fruits: Fresh Fruit, Chilled Fruit, Fruit Juice Cup (<i>fruit juice only when on menu</i>)</p> <p>Choose up to two Veggies: Hot Vegetable and/or Fresh Veggies</p>				

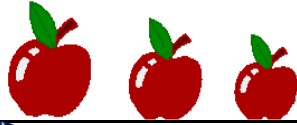


Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">Sign Up Today!</p> <p style="text-align: center;">www.myschoolbucks.com</p> <p style="text-align: center;"><i>Create a free account and easily make payments online and on -the -go.</i></p> <p> Check cafeteria balances & purchases</p> <p> Receive low balance alerts</p> <p> Set up automatic payments</p>		<p style="background-color: #f4a460; padding: 2px;">Aug. 28</p> <p style="text-align: center;"><u>Breakfast</u></p> <p style="text-align: center;">J-M Breakfast Sandwich Assorted Juice/Chilled Fruit Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p style="text-align: center;">Crispy Chicken Nuggets w/ Roll Seasoned Curly Fries "Welcome Back" Cupcake Mini Fruit & Veggie Bar Milk Choice</p>	<p style="background-color: #f4a460; padding: 2px;">Lucky Tray Day!!</p> <p style="text-align: center;"><u>Breakfast</u></p> <p style="text-align: center;">Fresh-Baked Breakfast Pizza Assorted Juice/Chilled Fruit Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p style="text-align: center;">Walking Taco <i>(Chips, Meat, Cheese, Lettuce, Salsa)</i> Baked Tater Tots Fresh Fruit Cup Mini Fruit & Veggie Bar Milk Choice</p>	<p style="background-color: #f4a460; padding: 2px;">Aug. 30</p> <p style="text-align: center;"><u>Breakfast</u></p> <p style="text-align: center;">Pancake & Sausage Stick Assorted Juice/Chilled Fruit Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p style="text-align: center;">Stuffed Crust Pizza Steamed Broccoli w/wo Cheese Mini Fruit & Veggie Bar Milk Choice</p>
LABOR DAY- NO SCHOOL	3	4	5	6
<p style="text-align: center;">**** Thursday, Oct. 11 ****</p> <p>is the final day students can receive free or reduced meals based on last year's application.</p> <hr/> <p>If you have not received a "Notice of Approval", or have not yet submitted an application for this year, please do so immediately to continue receiving benefits.</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p style="text-align: center;">Fresh-Baked Breakfast Pizza Assorted Juice/Chilled Fruit Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p style="text-align: center;">Popcorn Chicken Bowl w/ Roll <i>(Popcorn chicken & mashed potatoes topped w/ corn, and shred cheddar)</i> Mini Fruit & Veggie Bar Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p style="text-align: center;">J-M Breakfast Sandwich Assorted Juice/Chilled Fruit Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p style="text-align: center;">Cheesburger on Bun Smiley Potatoes Steamed Green Beans Mini Fruit & Veggie Bar Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p style="text-align: center;">Fresh-Baked Breakfast Pizza Assorted Juice/Chilled Fruit Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p style="text-align: center;">Spaghetti w/ Meatsauce & Soft Garlic Breadstick Mini Fruit & Veggie Bar Milk Choice</p>	<p style="text-align: center;"><u>Breakfast</u></p> <p style="text-align: center;">Pancake and Sausage Stick Assorted Juice/Chilled Fruit Milk Choice</p> <p style="text-align: center;"><u>Lunch</u></p> <p style="text-align: center;">Personal Pepperoni Pizza Steamed California Medley Mini Fruit & Veggie Bar Milk Choice</p>

Jefferson-Morgan School District Elementary School Menu

Milk Choices:

1% White, Skim and
Fat-Free Flavored



Assorted Fresh Fruits and
Vegetables Served Daily

Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
<p><u>Breakfast</u> Mini Birthday Pancakes Assorted Juice/Chilled Fruit Milk Choice</p> <p><u>Lunch</u> Oven Baked Chicken Nuggets w/ Roll Steamed Carrots Mini Fruit & Veggie Bar Milk Choice</p>	<p><u>Breakfast</u> Fresh-Baked Breakfast Pizza Assorted Juice/Chilled Fruit Milk Choice</p> <p><u>Lunch</u> Nacho Bar <i>(Chips, Meat, Cheese, Salsa, Jalapenos)</i> Fresh Steamed Broccoli Mini Fruit & Veggie Bar Milk Choice</p>	<p><u>Breakfast</u> J-M Breakfast Sandwich Assorted Juice/Chilled Fruit Milk Choice</p> <p><u>Lunch</u> Creamy Macaroni & Cheese & Soft Garlic Breadstick Steamed Green Beans Mini Fruit & Veggie Bar Milk Choice</p>	<p><u>Breakfast</u> Fresh-Baked Breakfast Pizza Assorted Juice/Chilled Fruit Milk Choice</p> <p><u>Lunch</u> Cheeseburger on a Bun Steamed California Medley Mini Fruit & Veggie Bar Milk Choice</p>	<p><u>Breakfast</u> Pancake and Sausage Stick Assorted Juice/Chilled Fruit Milk Choice</p> <p><u>Lunch</u> Personal Round Cheese Pizza Oven Baked French Fries Mini Fruit & Veggie Bar Milk Choice</p>
16	17	18	19	20
<p><u>Breakfast</u> Mini Birthday Pancakes Assorted Juice/Chilled Fruit Milk Choice</p> <p><u>Lunch</u> Soft Shell Taco <i>(Meat, Cheese, Lettuce, Diced Tomato, Salsa)</i> Baked Tater Tots Mini Fruit & Veggie Bar Milk Choice</p>	<p><u>Breakfast</u> Fresh-Baked Breakfast Pizza Assorted Juice/Chilled Fruit Milk Choice</p> <p><u>Lunch</u> Italian Dunkers w/ Dipping Sauce Steamed Vegetables Mini Fruit & Veggie Bar Milk Choice</p>	<p><u>Breakfast</u> J-M Breakfast Sandwich Assorted Juice/Chilled Fruit Milk Choice</p> <p><u>Lunch</u> Spaghetti w/ Meatsauce & Soft Garlic Breadstick Steamed Green Beans Mini Fruit & Veggie Bar Milk Choice</p>	<p><u>Breakfast</u> Fresh-Baked Breakfast Pizza Assorted Juice/Chilled Fruit Milk Choice</p> <p><u>Lunch</u> Crispy Chicken Strips Mashed Potatoes w/ Gravy Mini Fruit & Veggie Bar Milk Choice</p>	<p><u>Breakfast</u> Pancake and Sausage Stick Assorted Juice/Chilled Fruit Milk Choice</p> <p><u>Lunch</u> Cheesy Pizza Square Steamed Corn Mini Fruit & Veggie Bar Milk Choice</p>
23	24	25	26	27
<p><u>Breakfast</u> Mini Birthday Pancakes Assorted Juice/Chilled Fruit Milk Choice</p> <p><u>Lunch</u> Baked Breaded Mozz Sticks w/ Dipping Sauce Penne Pasta and Sauce Mini Fruit & Veggie Bar Milk Choice</p>	<p><u>Breakfast</u> Fresh-Baked Breakfast Pizza Assorted Juice/Chilled Fruit Milk Choice</p> <p><u>Brunch Lunch</u> French Toast w/ Syrup and Sausage Links Hashbrown Potato Chilled Fruit Juice Mini Fruit & Veggie Bar Milk Choice</p>	<p><u>Breakfast</u> J-M Breakfast Sandwich Assorted Juice/Chilled Fruit Milk Choice</p> <p><u>Lunch</u> Stuffed Shells w/ Sauce & Soft Garlic Breadstick Steamed Green Beans Mini Fruit & Veggie Bar Milk Choice</p>	<p><u>Breakfast</u> Fresh-Baked Breakfast Pizza Assorted Juice/Chilled Fruit Milk Choice</p> <p><u>Lunch</u> Cheeseburger on a Bun Steamed California Medley Mini Fruit & Veggie Bar Milk Choice</p>	<p><u>Breakfast</u> Pancake and Sausage Stick Assorted Juice/Chilled Fruit Milk Choice</p> <p><u>Lunch</u> Stuffed Crust Pizza Oven Baked French Fries Mini Fruit & Veggie Bar Milk Choice</p>