







October 2019

Jefferson Elementary School

SY 2019-2020

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	PLAIN BAGEL W/CREAM CHEESE SLICED PEACHES/FRESH FRUIT	GINGERBREAD CAKE YOGURT/FRESH FRUIT/ORANGE JUICE	*SOUTHERN PORK LINKS STEAMED RICE/FRESH FRUIT/GRAPE JUICE	PANCAKES W/ SYRUP PINEAPPLE CHUNKS/ FRESH FRUIT
	CHICKEN PASTA FLORENTINE RAINBOW SALAD/FRESH FRUIT	CHICKEN TENDERS & RICE CORN /BROCCOLI/FRESH FRUIT	CHEESE PIZZA SPINACH ROMAINE SALAD/ EDAMAME&CARROTS/ PINEAPPLE CHUNKS	TUNA SALAD SANDWICH VEGGIE STICKS W/DIP /FRIES/ FRUIT SLUSH
7	8	9	10	11
   <h1>FALL BREAK</h1>  				
14	15	16	17	18
BELGIAN WAFFLE W/SYRUP ORANGE WEDGES GRAPE JUICE	MAPLE PANCAKE WRAP ORANGE WEDGES APPLE JUICE	*HAM LINKS/STEAMED RICE FRESH FRUIT MIXED FRUITS	*KALUA QUESADILLA FRUIT JUICE APPLE WEDGES	FRUIT SMOOTHIE & CINNAMON TOAST APPLE WEDGES
CORNDOG VEGGIE STICKS W/HUMMUS FRIES FRESH FRUIT	CHILI W/STEAMED RICE CORN MIXED FRUIT	CHICKEN TENDERS & RICE CORN BROCCOLI FRESH FRUIT	PEPPERONI PIZZA VEGGIE STICKS W/DIP EDAMAME FRESH FRUIT	MEATLOAF W/GRAVY & STEAMED RICE BROCCOLI & CARROTS APPLE WEDGES
21	22	23	24	25
TURKEY EGG SLIDERS ORANGE WEDGES/SLICED PEACHES	*FRIED RICE *PORTUGUESE SAUSAGE FRESH FRUIT/ORANGE JUICE	APPLESAUCE MUFFIN GRAPE JUICE /STRAWBERRIES	TURKEY HAM & CHEESE ROLL APPLE WEDGES/MIXED FRUIT	CINNAMON ROLL PINEAPPLE CHUNKS/FRESH FRUIT
BEEF STEW STEAMED RICE CORN & BROCCOLI APPLE WEDGES	CHICKEN PATTY SANDWICH VEGGIE STICKS W/DIP BAKED BEANS ORANGE WEDGES	KOREAN CHICKEN STEAMED RICE / HOUSE SALAD EDAMAME & CARROTS PINEAPPLE CHUNKS	HOT DOG IN BUN VEGGIE STICKS W/DIP FRIES FRUIT SLUSH	*ROAST PORK W/ STEAMED RICE CORN RAINBOW SALAD APPLE WEDGES
28	29	30	31	Reminders:
PEPPERONI PIZZA STICK ORANGE WEDGE APPLE JUICE	*PIG IN A BLANKET FRESH FRUIT ORANGE JUICE	*PORK SAUSAGE PATTY STEAMED RICE PINEAPPLE CHUNKS/FRESH FRUIT	*FRIED RICE *PORTUGUESE SAUSAGE FRESH FRUIT/ORANGE JUICE	4 - Nutrition Workshop (8:15 - 9:30) 4 - Gr. K-5 Career Day 7 thru 11 - Fall Break (No School) 14 - Principal's Coffee Hour (8:15 - 9:30) 16 - Flu Shot Clinic (8:00) 18 - Grow Your Own #1(8:15 - 9:30) 25 - Grow Your Own(8:15 - 9:30) 25 - Family Bingo Night (5:30 - 7:00) 28 thru 11/2 - Parent Teacher Conferences 28 thru 11/1 - Book Fair 31 - Costume Parade (8:15 - 9:15)
*BBQ PORK PATTY SANDWICH FRIES COLESLAW SLICED PEACHES	HAMBURGER STEAK / GRAVY WHIPPED POTATOES /CORN/CARROTS/ APPLE WEDGES	*SWEET AND SOUR PORK STEAMED RICE RAINBOW SALAD/EDAMAME/GRAPE JUICE	PEPPERONI PIZZA SPINACH ROMAINE SALAD/VEGGIE STICKS W/ DIP/ORANGE WEDGES	

Menu Subject to change without notice. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

* = CONTAINS PORK

All meals include 1/2 pint of milk.

WG - Whole Grain