

Jeffersonville High School



Weekly Menu: January 2021



The entrées offered at the Main Plate change daily and like all items on our menu, they provide high quality selections that meet or exceed the latest federal and state requirements. Each menu is designed to ensure that students receive a balanced meal, consisting of foods from all major food groups in the right proportions to meet calorie and other nutrient needs. The products and the cooking methods we use conserve food quality and nutrients, while limiting the addition of fats & sodium, and eliminating frying.

	Monday	Tuesday	Wednesday	Thursday	Friday
1/1					No School Happy New Year!
1/4-1/8	BBQ Pulled Pork Sandwich Seasoned Corn, Baby Carrots, Orange Wedges, Fruit Cocktail	Sloppy Joe Sandwich Seasoned Sweet Potato Fries, Fresh Pepper Strips, Apple Slices, Diced Pears	Sweet & Sour Chicken w/Veggies & Fried Rice Seasoned Green Beans, Cucumber & Tomato Salad, Banana, Diced Peaches	Chicken White Bean Chili w/Corn Muffin Steamed Kale, Celery Sticks, Seasonal Fresh Fruit, Mandarin Oranges	Breaded Fish Sandwich Chickpea Salad, Creamy Coleslaw, Mixed Berries, Mandarin Oranges
1/11-1/15	Country Fried Steak w/Country Gravy & Roll Garlic Mashed Potatoes, Tomato Wedges, Orange Slices, Fruit Mix	Chicken Alfredo Pasta w/Breadstick Seasoned Green Beans, Kickin Pinto Beans, Baby Carrots, Whole Apple, Diced Pears	Grilled Cheese & Bacon Melt Roasted Brussel Sprouts, Fresh Cauliflower Florets, Banana, Diced Peaches	General Tso's Beef Dipper's w/Veggies & Rice Roasted Carrots, Celery Sticks, Seasonal Fresh Fruit, Pineapple Chunks	E-Learning Day
1/18-1/22	No School Dr. Martin Luther King Jr. Day	Orange Popcorn Chicken w/Broccoli Roasted Carrots, Fresh Zucchini, Whole Apple, Diced Pears	Backyard Burger Baked Beans, Cucumber Slices, Banana, Diced Peaches	Balsamic Glazed Parmesan Popcorn Chicken & Rice Roasted Mixed Vegetables, Celery Sticks, Seasonal Fresh Fruit, Applesauce	Fish Tacos Mexican Style Street Corn, Cucumber Tomato Salad, Craisins, Mandarin Oranges
1/25-1/29	Oven Roasted Chicken Drumstick w/Mac & Cheese Collard Greens, Mashed Potatoes, Orange Wedges, Fruit Mix	Chicken Parmesan w/Noodles Roasted Mixed Vegetables, Fresh Pepper Strips, Apples Slices, Diced Pears	Egg Fried Rice w/Vegetable Egg Roll Orange Glazed Carrots, Cucumber Slices, Banana, Diced Peaches	Grilled Buffalo Chicken Sandwich Rainbow Blend Veggies, Celery Sticks, Seasonal Fresh Fruit, Applesauce	E-Learning Day

SERVING BREAKFAST ANYWHERE YOU ARE	OTHER LUNCH NOTES
<p>Did You Know? We offer breakfast everyday! The cafeteria is open at 7:30.</p> <p>A MOBILE BREAKFAST CART will be open outside of the cafe before class & after 1st period.</p> <p>Breakfast Pricing: Paid - \$1.50, Reduced - \$0.30, Adult - \$2.15</p> 	<p>Available Beverages: Skim Milk, Chocolate Skim Milk, 1% Milk, Assorted 100% Fruit Juices</p> <p>Student Lunch Pricing: Paid \$3.05, Reduced \$0.40, Milk \$0.55, Adult \$3.85</p> <p>To qualify as a full lunch meal, a student must take a fruit or veggie, plus two other items.</p> <p>Menus are posted online at www.gccschools.com/menus</p>