

Jeffersonville High School

Each station includes "Everyday Offerings" and "Daily Features"

September 2020

EVERYDAY OFFERINGS – BUILD YOUR OWN!

PICK A BREAD

Sub Roll, Wrap, Flatbread

GET SOME PROTEIN

Ham, Turkey, Diced Chicken

CHEESE

American, Swiss, Pepper Jack, Provolone

CUSTOMIZE

Lettuce, Tomato, Onion, Pickle, Olives, Bacon

ADD A SPREAD

Ranch, Mayo, Honey Mustard, Buffalo Sauce, BBQ Sauce



DAILY FEATURES: PBJ Uncrustable Sandwich

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Nacho Salad w/Roll	Chicken Ranch Salad w/Roll	Baja Chicken Salad w/Roll	Chicken Ham Chef Salad w/Roll	Popcorn Chicken Salad w/Roll

EVERYDAY OFFERINGS

Grilled Chicken Filet, Breaded Chicken Patty, Spicy Breaded Chicken Patty
 All sandwiches served on a whole grain bun
 Variety of cheeses, veggie toppings and spreads available daily



EVERYDAY OFFERINGS – MAKE YOUR OWN!

STARTERS

Tortilla Scoops, Soft Taco Shells, Rice Bowl

GET SOME PROTEIN

Seasoned Chicken or Beef

CUSTOMIZE

Cheese, Lettuce, Tomato, Onion, Black Olives, Banana Peppers, Jalapenos

TOP IT OFF

Salsa, Pico de Gallo, Hot Sauce, Sour Cream



EVERYDAY OFFERINGS

Cheese & Pepperoni Pizza
 Cheese Pizza Sticks w/ Marinara Sauce



DAILY FEATURES:

(Specialty pizzas listed on calendar menu)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Papa John's Pizza	Sausage Pizza	Variety of Specialty Pizzas	Sausage Pizza	Variety of Specialty Pizzas

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Weekly Menu: September 2020



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
9/1-9/4		Orange Popcorn Chicken w/Broccoli Seasoned Sweet Potato Fries, Fresh Zucchini, Whole Apple, Diced Pears	Chicken Ham & Cheese Baked Potato w/Roll Kickin' Pinto Beans, Cucumber Slices, Banana, Diced Peaches	Balsamic Glazed Parmesan Popcorn Chicken & Rice Roasted Mixed Vegetables, Celery Sticks, Watermelon, Applesauce	E-Learning Day
9/7-9/11	No School Labor Day	E-Learning Day	E-Learning Day	E-Learning Day	E-Learning Day
9/14-9/18	Fish Sticks w/Sriracha Chili Sauce & Mac & Cheese Seasoned Potato Wedges, Fresh Tomatoes, Orange Slices, Fruit Mix	Loaded Tater Tots & Popcorn Chicken w/Garlic Bread Roasted Cauliflower, Cucumber Slices, Apples, Diced Pears	Jumbo Cheese Ravioli w/Breadstick Seasoned Green Beans, Celery Sticks, Banana, Diced Peaches	Ham, Cheese, & Caramelized Onion Flatbread Green Peas, Baby Carrots, Watermelon, Mandarin Oranges	Cajun Chili Fries Golden Corn, Red Pepper Strips, Pineapple Chunks, Fruit Cup
9/21-9/25	Hangtime Basket Seasoned Sweet Potato Fries, Baby Carrots, Orange Wedges, Fruit Cocktail	Sloppy Joe Sandwich Corn, Fresh Pepper Strips, Apple Slices, Diced Pears	Sweet & Sour Chicken w/Veggies & Fried Rice Charro Black Beans, Cucumber & Tomato Salad, Banana, Diced Peaches	Chicken White Bean Chili w/Corn Muffin Steamed Kale, Celery Sticks, Watermelon, Applesauce	Breaded Fish Sandwich Green Beans & Carrots, Creamy Coleslaw, Mixed Berries, Mandarin Oranges
9/28-10/2	Country Fried Steak w/Country Gravy & Roll Garlic Parmesan Mashed Potatoes, Tomato Wedges, Orange Slices, Fruit Mix	Vegetable Bean Chili Mac w/Corn Muffin 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, Watermelon, Pineapple Chunks	Chicken Tangine w/Chili Flatbread Crisp Steamed Broccoli, Cucumber Slices, Mandarin Oranges, Grapes

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>