

# Jeffersonville High School



Weekly Menu: November 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
11/2-11/6	<b>E-Learning Day</b>	<b>Teacher Only Day</b>	<b>E-Learning Day</b>	<b>E-Learning Day</b>	<b>E-Learning Day</b>
11/9-11/13	<b>Salisbury Steak &amp; Parsley Noodles</b> Corn, Fresh Broccoli Florets, Orange Wedges, Fruit Mix	<b>Orange Popcorn Chicken w/Broccoli over Rice</b> Roasted Mixed Vegetables, Fresh Red Pepper Strips, Banana, Diced Pears	<b>Chicken Ham &amp; Cheese Baked Potato w/Roll</b> Kickin' Pinto Beans, Cucumber Slices, Banana, Diced Peaches	<b>Balsamic Glazed Parmesan Popcorn Chicken &amp; Rice</b> Roasted Mixed Vegetables, Celery Sticks, Watermelon, Applesauce	<b>Fish Tacos</b> Mexican Style Street Corn, Cucumber Tomato Salad, Craisins, Mandarin Oranges
11/16-11/20	<b>Oven Roasted Chicken Drumstick w/Mac &amp; Cheese</b> Collard Greens, Fresh Broccoli, Orange Wedges, Fruit Cocktail	<b>Breaded Chicken Parmesan &amp; Noodles</b> Roasted Mixed Veggies, Red Pepper Strips, Whole Apple, Diced Pears	<b>Holiday Meal</b> <b>Oven Roasted Turkey w/Stuffing, Green Beans, Mashed Potatoes &amp; Gravy</b> Cucumber Slices, Banana, Diced Peaches, Apple Crisp	<b>Disco Fries w/Tortilla Scoops</b> Rainbow Blend Veggies, Celery Sticks, Watermelon, Applesauce	<b>Chili Cheese Baked Potato w/Corn Muffin</b> Chipotle Campfire Beans, Cucumber Tomato Salad, Grapes, Mandarin Oranges
11/23-11/27	<b>E-Learning Day</b>	<b>E-Learning Day</b>	<b>No School Thanksgiving Break</b>	<b>No School Thanksgiving Break</b>	<b>No School Thanksgiving Break</b>
11/30	<b>E-Learning Day</b>				

SERVING BREAKFAST ANYWHERE YOU ARE	OTHER LUNCH NOTES
<p><b>Did You Know?</b> We offer breakfast everyday! The cafeteria is open at <b>7:30</b>.</p> <p><b>A MOBILE BREAKFAST CART</b> will be open outside of the cafe before class &amp; after 1<sup>st</sup> period.</p> <p><b>Breakfast Pricing:</b> Paid - \$1.50, Reduced - \$0.30, Adult - \$2.15</p> 	<p><b>Available Beverages:</b> Skim Milk, Chocolate Skim Milk, 1% Milk, Assorted 100% Fruit Juices</p> <p><b>Student Lunch Pricing:</b> 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><b>Menus are posted online at</b>  <a href="http://www.gccschools.com/menus">www.gccschools.com/menus</a> </p>