

Jeffersonville High School



Weekly Menu: May 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
5/3-5/7	Beef Salisbury Steak w/Parsley Noodles Seasoned Green Peas, Chickpea Salad, Fruit Mix, Whole Orange	Orange Popcorn Chicken w/Broccoli & Rice Fresh Roasted Carrots, Red Pepper Strips, Diced Pears, Whole Apple	Celebrate Cinco de Mayo Southwest Stacker Kickin Pinto Beans, Cucumber Slices, Banana, Diced Peaches	Parmesan Balsamic Popcorn Chicken w/Creamy Italian Rice Fresh Roasted Mixed Veggies, Celery Sticks, Watermelon, Pineapple Chunks	Fish Tacos w/Creamy Sriracha Coleslaw Street Corn, Cucumber Tomato Salad, Grapes, Mandarin Oranges
5/10-5/14	Oven Roasted Chicken Drumstick w/Mac & Cheese Collard Greens, Cucumber & Tomato Salad, Fruit Mix, Orange Wedges	Chicken Parmesan w/Spaghetti Roasted Mixed Vegetables, Fresh Pepper Strips, Diced Pears, Apple Slices	Egg Fried Rice Orange Glazed Carrots, Cucumber Slices, Banana, Diced Peaches	Grilled Buffalo Chicken Sandwich Rainbow Blend Veggies, Fresh Tomato Wedges, Seasonal Fresh Fruit, Pineapple Chunks	E-Learning Day
5/17-5/21	Fish Sticks w/Mac & Cheese & Sriracha Chili Sauce Collard Greens, Fresh Tomato Wedges, Fruit Mix, Orange Wedges	Loaded Tater Tots & Popcorn Chicken Roasted Cauliflower, Cucumber Slices, Diced Pears, Whole Apple	Spaghetti Carbonara w/Breadstick Steamed Broccoli Florets, Celery Sticks, Banana, Diced Peaches	Country Chicken Nugget Bowl w/Roll Seasoned Green Beans, Baby Carrots, Seasonal Fresh Fruit, Pineapple Chunks	Cajun Chili Fries w/Breadstick Chipotle Campfire Beans, Fresh Pepper Strips, Fresh Blueberries, Mandarin Oranges
5/24-5/28	BBQ Pulled Pork Sandwich Seasoned Corn, Celery Sticks, Orange Wedges, Fruit Mix	Fuel Jerk Chicken Wrap 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	Fuel Jerk Chicken Wrap Steamed Kale, Chickpea Salad, Seasonal Fresh Fruit, Mandarin Oranges	Have a great summer!
5/31					

SERVING BREAKFAST ANYWHERE YOU ARE

Did You Know? We offer breakfast everyday! The cafeteria is open at **7:30**.
A MOBILE BREAKFAST CART will be open outside of the cafe before class & after 1st period.

Breakfast Pricing: Paid - \$1.50, Reduced - \$0.30, Adult - \$2.15



OTHER LUNCH NOTES

Available Beverages: Skim Milk, Chocolate Skim Milk, 1% Milk, Assorted 100% Fruit Juices
Student Lunch Pricing: Paid \$3.05, Reduced \$0.40, Milk \$0.55, Adult \$3.85

To qualify as a full lunch meal, a student must take a fruit or veggie, plus two other items.

Menus are posted online at
www.gccschools.com/menus