

# Jeffersonville High School

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

September 2018



EVERYDAY OFFERINGS – MAKE YOUR OWN!	
<b>PICK A BREAD</b> Sub Roll, Wrap, Flatbread, Ciabatta	<b>CUSTOMIZE</b> Lettuce, Tomato, Onion, Pickle, Olives, Banana Peppers, Jalapeno Peppers
<b>GET SOME PROTEIN</b> Ham, Turkey, Roast Beef, Diced Chicken, Bacon	<b>ADD A SPREAD</b> Ranch, Mayo, Honey Mustard, Buffalo Sauce, BBQ Sauce
<b>CHEESE</b> American, Swiss, Pepper Jack, Provolone	

EVERYDAY OFFERINGS
PBJ Uncrustable Sandwich Pizza Packable Deli Lunch Express

EVERYDAY OFFERINGS – MAKE YOUR OWN SALAD!	
<b>PICK YOUR GREENS</b> Romaine, Spinach	<b>CUSTOMIZE</b> Carrots, Peppers, Tomatoes, Broccoli, Cauliflower, Onions, Cucumber, Peas, Banana Peppers, Jalapenos, Bacon
<b>GET SOME PROTEIN</b> Ham, Turkey, Diced Chicken, Beans, Cheddar Cheese, Hardboiled Egg	<b>CHOOSE YOUR GRAIN</b> Dinner Roll, Crackers

DAILY FEATURES				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Buffalo Chicken Wrap Fruit, Yogurt & Cheese Plate w/ Muffin	Curry Apple or BLT Chicken Salad Sub Ham Pizza Salad	Roast Beef & Swiss Sub Turkey & Ham Cobb Salad	Ham, Pepperoni & Provolone Wrap Popcorn Chicken Salad	Chicken Bacon Ranch Flatbread Panini Tky & Ham Cobb Salad

*NEW* ROTATING MADE TO ORDER BAR				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Papa John's Pizza Of Course.	Baked Potato Bar Large spuds topped w/ beef chili, cheese, and/or steamed veggies & roll	Boneless Chicken Wings w/ various specialty sauces, celery, carrots & Parm Garlic Brdstk	Stir Fry Flavorful oriental meats ovetop your choice of grain w/ steamed veggies & a veggie egg roll	Pasta Top with marinara, alfredo, meatballs, chicken and/or veggies & Parm Garlic Breadstick

EVERYDAY OFFERINGS
Hamburger, Cheeseburger, Black Bean Burger, Chicken Patty, Spicy Chicken Patty all on a whole grain bun Variety of cheeses, veggie toppings and spreads available daily.



EVERYDAY OFFERINGS – MAKE YOUR OWN!	
<b>STARTERS</b> Tortilla Scoops, Soft Taco Shells, Rice Bowl	<b>CUSTOMIZE</b> Cheese, Lettuce, Tomato, Onion, Black Olives, Banana Peppers, Jalapenos
<b>GET SOME PROTEIN</b> Seasoned Chicken, Beef or Beans	<b>TOP IT OFF</b> Salsa, Pico de Gallo, Hot Sauce, Sour Cream

# Jeffersonville High School



Weekly Menu Starting: September 2018



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 and eliminating frying.

	Monday	Tuesday	Wednesday	Thursday	Friday
9/3-9/7	NO SCHOOL Labor Day	<b>Meatball FB Sandwich</b> <b>BBQ Chicken &amp; Cheddar Calzone</b> Roasted Brussels Sprouts Red Pepper Strips Banana, Diced Pears	<b>French Toast Sticks w/ Turkey Sausage</b> <b>Pizza Sticks w/ Marinara</b> Cucumber Slices Baked Tater Tots Apples, Diced Peaches	<b>Harvest of the Month Chili Cheese Hot Dog</b> <b>Buffalo Chicken Flatbread Pizza</b> <b>Mini Sweet Peppers</b> Baked Beans Baby Carrots Oranges, Applesauce	<b>Breaded Fish Sandwich</b> <b>Vegetable Pizza</b>  Steamed Broccoli Cuke Tomato Salad Fresh Fruit, Diced Pears
9/10-9/14	<b>Chicken Bacon Ranch Flatbread Sandwich</b>  Steamed Carrots Broccoli Florets Oranges, Fruit Cocktail	<b>Chicken Parmesan w/ Spaghetti &amp; Breadstick</b> <b>Meat Lover's Calzone</b> Green Beans Red Pepper Strips Banana, Diced Pears	<b>Spicy Mexican Lasagna w/ Tortilla Chips</b> <b>Pizza Sticks w/ Marinara</b> Mexicali Corn Cucumber Slices Apples, Diced Peaches	<b>Buffalo Chicken Sdw</b> <b>Ham &amp; Pineapple Pico de Gallo FB Pizza</b> Baked Beans Celery Sticks Oranges, Applesauce	<b>Fish Tacos w/ Coleslaw Taco Pizza</b>  Steamed Broccoli Baby Carrots Fresh Fruit, Diced Pears
9/17-9/21	<b>French Toast Sticks w/ Turkey Sausage</b>  Baked Tater Tots Tomato Wedges Oranges, Fruit Cocktail	<b>Popcorn Ckn Bowl w/ Roll</b> <b>BBQ Chicken &amp; Cheddar Calzone</b> Corn Cucumber Slices Banana, Diced Pears	NO SCHOOL Teacher's Only Day	<b>Country Fried Steak w/ Country Gravy &amp; Roll</b> <b>Buffalo Chicken FB Pizza</b> Mashed Potatoes Baby Carrots Oranges, Applesauce	<b>Cajun Chili Cheese Fries w/ Tortilla Chips</b> <b>Ham Hawaiian Pizza</b> Pinto Charro Beans Red Pepper Strips Fresh Fruit, Diced Pears
9/24-9/28	<b>Ham, Caramelized Onions &amp; Cheese Flatbread Sandwich</b> Corn Baby Carrots Oranges, Fruit Cocktail	<b>Spaghetti Carbonara w/ Garlic Breadstick</b> <b>Buffalo Ckn Calzone</b> Green Peas Red Pepper Strips Banana, Diced Pears	<b>Beef &amp; Bean Burrito</b> <b>Pizza Sticks w/ Marinara</b>  Kickin' Pinto Beans Cuke & Tomato Salad Apples, Diced Peaches	<b>Turkey &amp; Gravy w/ Roll</b> <b>Cheese, Sausage &amp; Herb FB Pizza</b> Mashed Potatoes Celery Sticks Oranges, Applesauce	<b>Breaded Fish Sandwich</b> <b>Meat Lover's Pizza</b>  Steamed Broccoli Creamy Coleslaw Fresh Fruit, Diced Pears

## EVERYDAY OFFERINGS

Cheese & Pepperoni Pizza on whole grain crust  
Specialty entrees listed on calendar menu



## NOW SERVING BREAKFAST ANYWHERE YOU ARE

**Did You Know?** We offer breakfast everyday! The cafeteria is open at **7:30**.  
**A NEW MOBILE BREAKFAST CART** will be open at the front of school before class and after first period.

**Breakfast Pricing:** Paid - \$1.50,  
Reduced - \$0.30, Adult - \$2.120



## OTHER LUNCH NOTES

**Available Beverages:** Skim Milk, Chocolate Skim Milk, 1% Milk, Assorted 100% Fruit Juices  
**Student Lunch Pricing:** Paid \$2.95, Reduced \$0.40, Milk \$0.55, Adult \$3.75  
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](http://www.gccschools.com/menus)