

Jeffersonville High School

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

FEBRUARY 2019

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



DAILY FEATURES: PBJ Uncrustable Sandwich, Pizza Packable				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Buffalo Ckn Wrap Buffalo Chicken Salad	Turkey & Ham Club Sub Ham Pizza Salad	Turkey & Swiss Sub Tky & Ham Cobb Salad	Ham, Pepperoni & Provolone Wrap Popcorn Ckn Salad	Chicken Bacon Ranch FB Panini Tky & Ham Cobb Salad

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 otop 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!	
STARTERS Tortilla Scoops, Soft Taco Shells, Rice Bowl	CUSTOMIZE Cheese, Lettuce, Tomato, Onion, Black Olives, Banana Peppers, Jalapenos
GET SOME PROTEIN Seasoned Chicken, Beef or Beans	TOP IT OFF Salsa, Pico de Gallo, Hot Sauce, Sour Cream

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Weekly Menu Starting: February 2019



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
2/1 - 2/1/2019	 				Fish Tacos w/ Coleslaw Taco Pizza Steamed Broccoli Baby Carrots Fresh Fruit, Diced Pears
2/4 - 2/8	Breakfast Burrito Salsa, tater tots, egg & cheese Baked Tater Tots Tomato Wedges Oranges, Fruit Cocktail 	Popcorn Ckn Bowl w/ Roll BBQ Chicken & Cheddar Calzone Corn Cucumber Slices Banana, Diced Pears	Jumbo Cheese Ravioli w/ Garlic Breadsticks Pizza Sticks w/ Marinara Green Beans Celery Sticks Apples, Diced Peaches	Country Fried Steak w/ Country Gravy & Roll Buffalo Chicken FB Pizza Mashed Potatoes Baby Carrots Oranges, Applesauce	Cajun Chili Cheese Fries w/ Tortilla Chips Sausage Pizza Pinto Charro Beans Red Pepper Strips Fresh Fruit, Diced Pears
2/11 - 2/15	Wachos Waffles, popcorn chicken & jalapeno cheese sauce  Corn Baby Carrots Oranges, Fruit Cocktail	Spaghetti Carbonara w/ Garlic Breadstick Buffalo Ckn Calzone Green Peas Red Pepper Strips Banana, Diced Pears	Beef & Bean Burrito Pizza Sticks w/ Marinara Kickin' Pinto Beans Cuke & Tomato Salad Apples, Diced Peaches	Harvest of the Month Turkey & Gravy w/ Roll Cheese, Sausage & CARA CARA ORANGES Herb FB Pizza Mashed Potatoes Celery Sticks Applesauce	Breaded Fish Sandwich Meat Lover's Pizza Steamed Broccoli Creamy Coleslaw Fresh Fruit, Diced Pears
2/18 - 2/22	NO SCHOOL Presidents' Day	Fish Sticks w/ Macaroni & Cheese Buffalo Ckn Calzone Roasted Carrots Cucumber Slices Banana, Diced Pears	Country Chicken Nugget Bowl w/ Roll Pizza Sticks w/ Marinara Mixed Veggies Celery Sticks Apples, Diced Peaches	Chicken & Waffles Chicken Club Flatbread Pizza Potato Wedges Baby Carrots Oranges, Applesauce	Fiesta FB Foldover Chicken Bacon Ranch Flatbread Sandwich Seasoned Refried Beans Cucumber Slices Fresh Fruit, Diced Pears
2/25 - 2/28	Salisbury Steak w/ Parslied Noodles & Gravy Green Beans Broccoli Florets Oranges, Fruit Cocktail	Meatball FB Sandwich BBQ Chicken & Cheddar Calzone Roasted Brussels Sprouts Red Pepper Strips Banana, Diced Pears	French Toast Sticks w/ Turkey Sausage Pizza Sticks w/ Marinara Cucumber Slices Baked Tater Tots Apples, Diced Peaches	Chili Cheese Hot Dog Buffalo Chicken Flatbread Pizza Baked Beans Baby Carrots Oranges, Applesauce	Breaded Fish Sandwich Vegetable Pizza Steamed Broccoli Cuke Tomato Salad 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 - \$2.10



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