

Jeffersonville High School

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

MONTH 2019

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: Chicken Bacon Ranch FB Panini, PBJ Uncrustable Sandwich, Pizza Packable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Buffalo Ckn Wrap Buffalo Ckn Salad w/ Brdstk	Turkey & Ham Club Sub NEW: Chicken Pesto Pasta Salad w/ Brdstk	Turkey & Swiss Sub Sandwich Turkey & Ham Cobb Salad w/ Roll	Ham, Pepperoni & Provolone Wrap NEW: Feta Quinoa Ckn Apple Salad w/ Brdstk	Ham & Swiss Sub Popcorn Chicken Salad w/ Brdstk

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 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 & sodium, and eliminating frying.

	Monday	Tuesday	Wednesday	Thursday	Friday
9/2-9/6	NO SCHOOL Labor Day	Atomic Cheeseburger Chicken Tenders, Roll BBQ Black Beans, Cucumber Tomato Salad, Mandarin Oranges, Diced Pears	French Toast Sticks w/ Turkey Sausage Links Baked Tater Tots Bacon Cheeseburger CC: Spinach & Feta Pizza Sweet Potato Fries, Fresh Broccoli, Apples, Diced Peaches	Orange Popcorn Chicken w/ Broccoli & Veggie Fried Rice BBQ Pork Riblet Sandwich Green Peas, Cucumber Slices, Grape Bunches, Applesauce	Breaded Fish Sandwich Popcorn Chicken, Roll CC: BBQ Ckn FB Pizza Steamed Broccoli, Creamy Coleslaw, Fresh Fruit, Diced Pears
9/9-9/13	Nacho Cheese & Beef Walking Taco Bacon Cheeseburger Seasoned Corn, Fresh Broccoli, Oranges, Fruit Cocktail	Spicy Popcorn Chicken w/ Sweet Potato Tots & BBQ Creme Chicken Tenders, Roll  Green Beans, Red Pepper Strips, Pineapple Chunks, Diced Pears	Chicken Tikka Masala w/ Yellow Rice Bacon Cheeseburger CC: Veggie Pizza Green Peas, Cucumber Tomato Salad, Apples, Diced Peaches	Backyard Burger BBQ Pork Riblet Sandwich Baked Beans, Baby Carrots, Mixed Berries, Applesauce	Breaded Fish Tacos w/ Coleslaw Popcorn Chicken, Roll CC: Buffalo FB Pizza Steamed Broccoli, Creamy Coleslaw, Fresh Fruit, Diced Pears
9/16-9/20	French Toast Sticks w/ Turkey Sausage Links Baked Tater Tots Bacon Cheeseburger Carrot Coins, Italian Bean Salad, Oranges, Fruit Cocktail	Popcorn Chicken Bowl w/ Dinner Roll Chicken Tenders, Roll Seasoned Corn, Tomato Wedges, Apples, Diced Pears	NO SCHOOL Teacher Only Day	Country Fried Steak w/ Mashed Potatoes Country Gravy & Roll BBQ Pork Riblet Sandwich RAINBOW Blend Veggies, Baby Carrots, Strawberries, Applesauce	Loaded Chili Cheese Baked Potato w/ Cheddar FB Crisps Popcorn Chicken, Roll CC: Ckn Club FB Pizza Steamed Broccoli, Cucumber Slices, Fresh Fruit, Diced Peaches
9/23-9/27	Ham, Caramelized Onions & Cheese Flatbread Sandwich Bacon Cheeseburger Carrot Coins, Celery Sticks, Oranges, Fruit Cocktail	Spaghetti Carbonara w/ Garlic Breadstick Chicken Tenders, Roll Green Peas, Red Pepper Strips, Pineapple Chunks, Diced Pears	Cheesy Breakfast Burrito w/ Baked Tater Tots Bacon Cheeseburger CC: BBQ Chicken Pizza Steamed Broccoli, Cucumber Tomato Salad, Apples, Diced Peaches	Oven Roasted Turkey w/ Mashed Potatoes Gravy & Dinner Roll BBQ Pork Riblet Sandwich Green Beans, Grape Tomatoes, Watermelon, Applesauce	Breaded Fish Sandwich Popcorn Chicken, Roll CC: Buffalo FB Pizza Baked Beans, Cool Ranch Coleslaw, Fresh Fruit, Diced Pears
9/30	Meatball Sub Sandwich Bacon Cheeseburger Green Beans, Tomatoes Wedges, Oranges, Fruit Cocktail				

SERVING BREAKFAST ANYWHERE YOU ARE	OTHER LUNCH NOTES
<p>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.</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 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.</p> <p>Menus are posted online at www.gccschools.com/menus</p>