

# OCTOBER | 2023

## JEFFERS HIGH SCHOOL LUNCH MENU



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**2** Chicken Strips  
Baked Beans  
Graham Bites  
Fries  
Fruit & Milk

**3** Calzones  
Veggies  
Apple Bar  
Fruit & Milk

**4** Big Mac Casserole  
Coleslaw  
Roll  
Fruit & Milk

**5** Orange Chicken  
Over Rice  
Veggies  
Roll  
Fruit & Milk

**6** Homemade Pizza  
Tossed Salad  
Jello  
Fruit & Milk

**9** Chili w/Beans  
Grilled Cheese-  
Sandwich  
Corn  
Fruit & Milk

**10** Chef Salad  
Cheesy Breadsticks  
Marinara Sauce  
Fruit & Milk

**11** Pizza Casserole  
Green Beans  
Garlic Stix  
Fruit & Milk

**12** Nacho Supreme  
Refried Beans  
Bread  
Fruit & Milk

**13** No School  
Teacher Inservice

**16** Hamburger w/Bun  
Baked Beans  
Cheese  
Tator Tots  
Fruit & Milk

**17** Chicken Noodle Soup  
Sandwiches  
Veggies  
Fruit & Milk

**18** Tex-Mex Chicken-  
Shepherd's Pie  
Carrots  
Roll  
Fruit & Milk

**19** Pancakes  
Sausage  
Hashbrowns  
Fruit & Milk

**20** Fr. Bread Pizza  
Marinara Sauce  
Veggies  
Pudding  
Fruit & Milk

**23** Chicken Wraps  
Veggies  
Seasoned Potatoes  
Fruit & Milk

**24** Philly Beef Sandwich  
Veggies  
Chips  
Fruit & milk

**25** Pasty  
Coleslaw, Roll  
Jello  
Fruit & Milk

**26** Taco's w/ Trims  
Mexican Rice  
Corn  
Fruit & Milk

**27** Hot Dog w/Bun  
Baked Beans  
Corn Chips  
Fruit & Milk

**30** Quesadillas  
Veggies  
Tortilla Chips &  
Cheese Sauce  
Chocolate Cake  
Fruit & Milk

**31** Homemade Pizza  
Tossed Salad  
Pudding  
Fruit & Milk

**1**

**2**

**3**

### **News**

**MENU ITEMS SUBJECT  
TO CHANGE DUE TO  
AVAILABILITY**

**Sept. 13<sup>th</sup>- No School  
Teacher Inservice**