




# JANUARY JEFFERSON COUNTY SCHOOL SCHOOLS BREAKFAST/LUNCH MENU 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Happy New Year</b>  <b>CEP</b> <b>All students eat breakfast and lunch free.</b>	<b>School Closed</b>  Salads are available daily if not a different entrée' should be available.  <b>National Soup Month</b>	<b>Faculty Workday... Students Home</b>  <b>Welcome Back</b>	<b>French Toast Sticks/Eggs 5</b> <b>Assorted Cereal</b> <b>100% Juice-Peaches</b>  <b>Chicken Strips</b> <b>Green Beans or Broccoli</b> <b>Mash Potatoes</b> <b>Garlic Roll</b> <b>Seasonal Fresh Fruits</b>	<b>Sausage Biscuit 6</b> <b>Assorted Cereal</b> <b>100% Fruit Juice-Pears</b>  <b>Pizza</b> <b>Toss Salad</b> <b>Carrots</b> <b>Black Bean &amp; Corn Salsa</b> <b>Seasonal Fresh Fruits</b>
<b>Chicken Biscuit 9</b>  <b>Assorted Cereal</b> <b>Applesauce – Mixed Fruit</b>  <b>Chicken Wings/Roll</b> <b>Celery/Carrots</b> <b>French Fries</b> <b>Seasonal Fresh Fruits</b>	<b>Steak Biscuit 10</b>  <b>Assorted Cereal</b> <b>100% Juice – Peaches</b>  <b>Tacos/w Tortilla Chips</b> <b>Lettuce/Tomato/Cheese/Salsa</b> <b>Corn /Black Beans</b> <b>Seasonal Fresh Fruits</b> <b>Cookie</b>	<b>Pancakes 11</b>  <b>Sausage</b> <b>Assorted Cereal</b> <b>100% Juice Seasonal FF</b>  <b>BBQ</b> <b>Breaded Okra</b> <b>Carrots/Coleslaw</b> <b>Orange Wedges</b> <b>Applesauce Cups</b>	<b>Waffle/Chicken Nuggets 12</b>  <b>Assorted Cereal</b> <b>100% Juice – Peaches</b>  <b>Baked Pork chop/Roll</b> <b>Macaroni &amp; Cheese</b> <b>Cabbage/Sweet Potato</b> <b>Seasonal Fresh Fruits</b>	<b>Grits – Sausage - Toast 13</b>  <b>Assorted Cereal</b> <b>100% Juice – Seasonal FF</b>  <b>Cheeseburger</b> <b>Lettuce/Tomato/Pickles</b> <b>Baked Wedges</b> <b>Vegetable Juice</b> <b>Slice Peaches</b> <b>Fruit Cup</b>
<b>HOLIDAY 16</b>	<b>Biscuit/Sausage 17</b>	<b>Waffles/Sausage 18</b>	<b>Chicken Biscuit 19</b>	<b>French Toast Sticks 20</b>
	<b>Assorted Cereal</b> <b>100% Juice – Strawberry Cup</b>  <b>Chili w/cheese/Saltines</b> <b>Baked Potato/Broccoli</b> <b>100% Juice</b> <b>Seasonal Fresh Fruit</b>	<b>Assorted Cereal</b> <b>100% Juice – Peaches</b>  <b>Pizza</b> <b>Romaine Toss Salad</b> <b>Corn</b> <b>Peaches/Fruit Cup</b>	<b>Assorted Cereal</b> <b>100% Juice – Kiwi</b>  <b>Salisbury Steak</b> <b>Seasoned Rice/Cornbread</b> <b>Turnips/ Lima Beans</b> <b>Fruit Cup /Mixed Fruit</b>  <b>National Popcorn Day</b>	<b>Eggs</b> <b>Assorted Cereal</b> <b>100% Juice – Fresh Fruit</b>  <b>Fish Sandwich or PB&amp;J</b> <b>Baked Fries/Carrots</b> <b>Seasonal Fresh Fruit</b> <b>Fruit Cup</b>

<b>Peach Biscuit 23</b>	<b>Pillsbury Pancake Mini's 24</b>	<b>Breakfast Pocket 25</b>	<b>French Toast Sticks 26</b>	<b>Chicken Nuggets/Biscuit 27</b>
<b>Steak Nuggets</b> <b>Assorted Cereal</b> <b>100% Fruit Juice-Peaches</b>  <b>Chicken Strips/Roll</b> <b>Green Beans</b> <b>Mash Potatoes</b> <b>100% Fruit Juice</b> <b>Mandarin Oranges</b>	<b>Sausage</b> <b>Assorted Cereal</b> <b>100% Juice – Fresh Fruit</b>  <b>Beeforoni</b> <b>Texas Toast</b> <b>Garden Peas</b> <b>Glazed Carrots</b> <b>Orange Wedges/Slice Pears</b>	<b>Assorted Cereal</b> <b>100% Juice –Pears</b>  <b>Corndog or Sausage Dog</b> <b>Baked Beans</b> <b>Sweet Potato Fries</b> <b>Seasonal Fresh Fruit</b> <b>Fruit Cup</b>  <b>Winter Treat</b>	<b>Sausage</b> <b>Assorted Cereal</b> <b>100% Juice – Seasonal FF</b>  <b>Cheeseburger</b> <b>Lettuce/Tomato/Pickles</b> <b>Baked Fries</b> <b>Mixed Fruit</b> <b>Seasonal Fresh Fruit</b>	<b>Assorted Cereal</b> <b>100% Juice - Peaches</b>  <b>Baked Pork Chop</b> <b>Cabbage/Black Eye Peas</b> <b>Cornbread</b> <b>Fruit Cups</b> <b>Baked Apples</b>
<b>Sausage Biscuit 30</b>	<b>Chicken Biscuit 31</b>			
<b>Assorted Cereal</b> <b>100% Fruit Juice-Peaches</b>  <b>Steak Sandwich</b> <b>Lettuce/Tomato</b> <b>Broccoli</b> <b>Potato Wedges</b> <b>Mandarin Oranges</b> <b>Sidekicks</b>	<b>Assorted Cereal</b> <b>100% Fruit Juice – Pears</b>  <b>Pizza</b> <b>Toss Salad</b> <b>Carrots</b> <b>Black Bean &amp; Corn Salsa</b> <b>Seasonal Fresh Fruits</b>			

An assortment of low fat and fat free milk is offered daily with all meals. Lactose free milk is available if needed upon request.

**Disclaimer:** Menus are subject to change without notice due to future nutrient analyses; the availability of USDA commodities and/or unavailability of certain purchased food products.

This institution is an equal opportunity provider.