

September 2016

Central - Jefferson

LUNCH

Menu Information: (##) denotes carb counts in serving size for that menu item will include any items that is always served together.

Chef Salad is served each day w/ 1 slice Homemade WG Bread
Yogurt/Cheese is served each day w/ 1 slice Homemade WG Bread
Locally processed Hot Dog Blue Valley Brand -----*HMD* Homemade
**NEW ITEM Broccoli Quinoa Bake (broccoli, quinoa and cheese baked into a delicious casserole)

Nutrition Tip: Drink plenty of water. Our bodies are about 60% water. Drinking water helps our body systems running smoothly, optimize metabolism, boost energy levels, and promote good digestion.

September is Whole Grain Month - All grains served at Lunch are Whole Grain Rich. Try a new whole grain "Quinoa on Sept. 16"

USDA is an Equal Opportunity Provider and Employer.

Monday

Tuesday

Wednesday

Thursday

Friday

Would you like to join your child for lunch? We'd love to have you. Please call the office by 9 am to be included in our daily lunch count. Adult meal cost \$3.50. What a bargain!!

Fruit/Vegetable Bar and Milk served with every meal.
Full meal price \$2.60
Extra price \$2.00 (needs to be ordered when lunch count is taken)

NO SCHOOL

5

LABOR DAY

Mini Corndogs(28) or

6

Ham Sandwich (35)or
Chef Salad(18)Croutons(14) or
Yogurt/Cheese(38)Granola(13)

Baked Beans (29)

Teriyaki Chicken (15)
w/Seasoned Rice(24)&Egg Roll(22) or
Hoagie Sandwich(36) or
Chef Salad(18)Croutons(14) or
Yogurt/Cheese(38)Granola(13)

7

Fresh Veggies

Breaded Beef Sticks(16)
w/Dinner Roll (14) or
Chicken Salad Sandwich(36) or
Chef Salad (18)Croutons(14) or
Yogurt/Cheese(38)Granola(13)

1

Cheesy Potato Casserole (14)

Crispy Chicken on Bun (45)or
Turkey/Cheese Flatbread (27)or
Chef Salad(18)Croutons(14) or
Yogurt/Cheese(38)Granola(13)

2

Cowboy Beans (18)

Jeff Rib on Bun (38)or
Turkey Sandwich(33) or
Chef Salad(18)Croutons(14) or
Yogurt/Cheese(38)Granola(13)

12

Carrots (5)

Spaghetti Sauce (6)w/Ravioli(16) 13
Breadstick (18)or
Chicken Salad Sandwich(36) or
Chef Salad(18)Croutons(14) or
Yogurt/Cheese(38)Granola(13)
Fresh Veggies

Sausage(0) w/French Toast 14
Sticks (21) Syrup(30)or
Tuna Salad Sandwich (33)or
Chef Salad Sandwich(18)Croutons(14)
Yogurt/Cheese(38)Granola(13)
Tater Tots (20)

14

Macho Nacho(24) or
PBj Sandwich(35) or
Chef Salad(18)Crackers(10) or
Yogurt/Cheese(38)Granola(13)

15

Refried Beans (23)

Chicken Strips(16) 16
w/Dinner Roll (14) or
Ham & Cheese Flatbread(28)or
Chef Salad(18)Croutons(14) or
Yogurt/Cheese(38)Granola(13)
*Broccoli Quinoa Bake(6)*New

Fiestada Pizza(38) or
Ham Sandwich(35) or
Chef Salad(18)Croutons(14) or
Yogurt/Cheese(38)Granola(13)

19

Corn (16)

Hamburger on Bun (23) or
Tuna Salad Sandwich(33) or
Chef Salad(18)Croutons(14)or
Yogurt/Cheese(38)Granola(13)

20

Seasoned French Fries (25)

Chicken Gravy(5) over Biscuit (24) 21
PBj Sandwich(35) or
Chef Salad(18)Croutons(14) or
Yogurt/Cheese(38)Granola(13)

21

Green Beans(4)

Corndog (30) or
Hoagie Sandwich(36) or
Chef Salad(18) Croutons(14) or
Yogurt/Cheese(38)Granola(13)

22

Baked Beans (29)

NO SCHOOL 23
PROFESSIONAL DEVELOPMENT

Chicken Nuggets(14) w/Chicken-Herb
CousCous(11) & Dinner Roll (14) or 26
Tuna Salad Sandwich (33)
Chef Salad(18)Croutons(14) or
Yogurt/Cheese(38)Granola(13)

26

California Blend Vegetables(4)

Chicken Alfredo(6)w/Rotini(32) & 27
Breadstick(18) or
Ham & Cheese Flatbread(28) or
Chef Salad(18)Croutons(14) or
Yogurt/Cheese(38)Granola(13)

27

Green Peas (11)

HMD Beef Pizza(30) or 28
Chicken Salad Sandwich(36) or
Chef Salad(18)Croutons(14) or
Yogurt/Cheese(38)Granola(13)

28

Corn (16)

Blue Valley Brand 29
Hot Dog on Bun(25) or
Turkey Wrap (24) or
Chef Salad (18) Crackers(10) or
Yogurt/Cheese(38)Granola(7)
Sweet Potato Waffle Fries(23)
Brownie (13)

29

Chicken & Cheese Enchilada(25) c 30
PBj Sandwich (35) or
Chef Salad(18) Crackers(10) or
Yogurt/Cheese(38)Granola(7)

30

Refried Beans(23)