

September 2017

Jr - Sr High School

LUNCH



Jr-Sr High Lunch Price \$2.95 -----Extra Entree \$2.00
Side of Fruit or Vegetable \$.50
Chips or Cereal Bar \$.75
Extra Milk Carton \$.50

Menu Information: Assorted Variety Deli Sandwiches, Chef Salad, and Yogurt/Cheese offered Daily. (##) denotes carb counts in the serving size for that menu item with all its components.
 Turkey/Cheese or Ham/Cheese or Hoagie (Turkey & Ham) on Sub Bun (30)
 Chicken Salad on Sub Bun (34) or Tuna Salad on Sub Bun (30)
 Chef Salad is served each day w/ Bread Stick & Croutons (32)
 Yogurt/Cheese is served each day w/ Bread Stick & Granola (49)

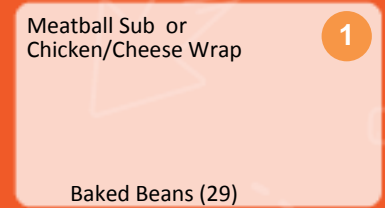
Monday

Tuesday

Wednesday

Thursday

Friday



NO SCHOOL
 LABOR DAY 4

Crispy Chicken
 on Bun(45) or
 Sloppy Joe on Bun (35) 5

Wacky Backwards Pizza(44) 6
*(Flatbread topped with melted
 Mozzarella Cheese w/Beef & Pork
 crumbles & drizzled with zesty pizza sauce)*
Roasted Chicken on Bun (33)

Chicken Noodle Casserole (39) 7
 w/Dinner Roll (13) or
 Jeff Rib on Bun (38)

Meatball Sub or
 Chicken/Cheese Wrap 1

Baked Beans (29)

Philly Beef Sandwich (30) or 8
 Hamburger on Bun (33)

Blue Valley Brand
 Hot Dog on Bun (34) or 11
 Chicken/Cheese Flatbread (25)

Spaghetti Sauce (10) 12
 w/Rotini(42) & Breadstick(17)
 or
 BBQ Chicken on Bun (40)

Sausage Patties (0) 13
 w/Pancakes(27) & Syrup(30)or
 Cheeseburger on Bun (33)

Chicken Fajita Bowl (23) 14
*(Fajita seasoned Strips of Chicken
 over a bed of Chicken infused Rice
 topped with Cheese) or*
Jeff Rib on Bun (38)

Fun Cowboy Burger (36) 15
*(Cheeseburger topped with Crunchy
 Funyons finished with a
 Smoky Ranch sauce on the side)*
Ham & Cheese Wrap (22)
 Corn (16)
 GO JEFF Cookies (33)

Fiestada Pizza (38) or 18
 Roasted Chicken
 on Bun (33)

Country Fried Beef Patty (16) 19
 w/Dinner Roll (13) or
 Ham & Cheese Flatbread (29)

Chicken Strips 20
 (7-8 (16) (9-12(21)
 w/Dinner Roll (13) or
 Cheeseburger on Bun (33)

Jeff Rib on Bun (38) or 21
 Hot Dog on Bun (34)

Italian Chicken Sandwich (37) 22
*(Roasted Chicken smothered in
 Marinara Sauce topped with Mozzarella
 Cheese served on Ciabatta Bread) or*
Hamburger on Bun (33)

Mini Corndogs 25
 (7-8 (27) (9-12 (31) o r
 Sloppy Joe on Bun (35)

Mini Meatloaf (25) 26
 w/Dinner Roll(13 ea) or
 BBQ Chicken Sandwich (40)

Chicken Alfredo Pizza (40) or 27
 Hamburger on Bun (33)

Macho Nacho 28
 (7-8 (24) (9-12 (40) or
 Roasted Chicken on Bun (33)

Popcorn Chicken 29
 (7-8 (13) (9-12 (17)
 w/Dinner Roll(13) or
 Jeff Rib on Bun (38)

Seasoned Carrots (5)

Mashed Potatoes(18)Gravy(4)

Green Peas (11)

Refried Beans (23)

Corn (16)