

BREAKFAST

Trays and utensils are 100% biodegradable.

A choice of 100% fruit juice, skim or 1% milk, and bread item is offered daily. At least two items must be selected for breakfast price to apply. Assorted cereals include W.G. Cornflakes, W.G. Cheerios, W.G. Golden Grahams, W.G. Reduced-Sugar Froot Loops, and Rice Chex. Assorted juices include 100% apple, grape, and orange.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 W.G. Cereal and Toast (31g) W.G. Breakfast Pizza (39g) 100% Fruit Juice (16g) 1% Milk (12g)	2 W.G. Cereal and Toast (31g) Enriched French Toast w/Syrup (72g) 100% Fruit Juice (16g) 1% Milk (12g)	3 W.G. Cereal and Toast (31g) Enriched Cinnamon Roll (52g) Fruit and Yogurt Parfait (43g) 100% Fruit Juice (16g) 1% Milk (12g)	4 W.G. Cereal and Toast (31g) Sausage Biscuit (27g) P 100% Fruit Juice (16g) 1% Milk (12g)	5 W.G. Cereal and Toast (31g) W.G. Banana Muffin (61g) W.G. Blueberry Muffin (38g) 100% Fruit Juice (16g) 1% Milk (12g)
8 W.G. Cereal and Toast (31g) Enriched French Toast w/Syrup (72g) Baked Apples (26g) 100% Fruit Juice (16g) 1% Milk (12g)	9 W.G. Cereal and Toast (31g) Banana (23g) Oatmeal w/Blueberries (26g) 100% Fruit Juice (16g) 1% Milk (12g)	10 W.G. Cereal and Toast (31g) Enriched Cinnamon Roll (52g) Fruit and Yogurt Parfait (43g) 100% Fruit Juice (16g) 1% Milk (12g)	11 W.G. Cereal and Toast (31g) Sausage Biscuit (27g) P 100% Fruit Juice (16g) 1% Milk (12g)	12 W.G. Cereal and Toast (31g) W.G. Banana Muffin (61g) W.G. Blueberry Muffin (38g) 100% Fruit Juice (16g) 1% Milk (12g)
15 W.G. Cereal and Toast (31g) Sausage Biscuit (27g) P 100% Fruit Juice (16g) 1% Milk (12g)	16 W.G. Cereal and Toast (31g) Enriched Pancake w/Sausage (23g) P 100% Fruit Juice (16g) 1% Milk (12g)	17 W.G. Cereal and Toast (31g) Enriched Cinnamon Roll (52g) Fruit and Yogurt Parfait (43g) 100% Fruit Juice (16g) 1% Milk (12g)	18 W.G. Cereal and Toast (31g) Breakfast Chicken Patty on Biscuit (25g) 100% Fruit Juice (16g) 1% Milk (12g)	19 W.G. Cereal and Toast (31g) W.G. Banana Muffin (61g) W.G. Blueberry Muffin (38g) 100% Fruit Juice (16g) 1% Milk (12g)
22 W.G. Cereal and Toast (31g) W.G. Breakfast Pizza (39g) 100% Fruit Juice (16g) 1% Milk (12g)	23 W.G. Cereal and Toast (31g) Enriched French Toast w/Syrup (72g) 100% Fruit Juice (16g) 1% Milk (12g)	24 W.G. Cereal and Toast (31g) Enriched Cinnamon Roll (52g) Bagel w/Jelly 100% Fruit Juice (16g) 1% Milk (12g)	25 W.G. Cereal and Toast (31g) Sausage Biscuit (27g) P 100% Fruit Juice (16g) 1% Milk (12g)	26 W.G. Cereal and Toast (31g) W.G. Banana Muffin (61g) W.G. Blueberry Muffin (38g) 100% Fruit Juice (16g) 1% Milk (12g)
29 W.G. Cereal and Toast (31g) Enriched French Toast w/Syrup (72g) 100% Fruit Juice (16g) 1% Milk (12g)	30 W.G. Cereal and Toast (31g) W.G. Cinnamon Bun (39g) 100% Fruit Juice (16g) 1% Milk (12g)	31 W.G. Cereal and Toast (31g) Enriched Cinnamon Roll (52g) Fruit and Yogurt Parfait (43g) 100% Fruit Juice (16g) 1% Milk (12g)		

Menu subject to change due to availability of food items

BREAKFAST

- Choice of Breakfast Entrée
+
- Choice of Fruit Juice
+
- Choice of Low-Fat* or Skim Milk
Lactose-free milk is available upon request.

Students may choose 1, 2, and 3. Students may also choose just 1 and 2, 1 and 3, or 2 and 3 for the breakfast price to apply. Two of three breakfast items must be chosen to be considered a meal.

Breakfast: \$1.75 Reduced price: 30¢
Lunch: \$2.25 Reduced price: 40¢

LUNCH

- Choice of Entrée
+
- Choice of Two Fruits or Two Vegetables or
One Fruit and One Vegetable
+
- Choice of Low-Fat* or Skim Milk
Lactose-free milk is available upon request.)

Students may choose a whole-grain roll and/or a cookie at no additional cost with a meal. Students may choose 1, 2, and 3, or students may choose 1 and 2 or 1 and 3 for the lunch price to apply. An entrée and at least one additional item must be chosen to be considered a meal.

*1% White Milk or 1% Flavored Milk or Skim

Trays and utensils are 100 percent biodegradable.

Jefferson County
Public Schools

Nutrition Services Menu

March 2010

read
play
learn
run
dream

School Breakfast
ready SET GO!

National School
Breakfast Week
March 8–12

March 2010

W.G.=Whole Grain **g=Grams of Carbohydrates**
V=Vegetarian Entrée **P=Pork Entrée**

Lunch: An entrée plus one or two sides and milk are offered. A minimum of an entrée and one item must be selected for the lunch price to apply. Students may choose a whole-grain roll and/or cookie at no additional cost.

Caution: Common food allergen triggers—such as, but not limited to, dairy, eggs, fish, milk, nuts, soy, and wheat—may have come in contact with some or all foods served due to cross-contamination possibility in manufacturing or service and preparation.



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Chicken Nuggets (13g) Spaghetti (28g) Grilled Cheese Uncrustable (17g) V Mashed Potatoes w/Gravy (19g) Corn (16g) Tossed Salad w/Dressing (4g) Vegetable Cup w/Dip (10g) Peach Slices (17g) Assorted Fresh Fruit (6g) W.G. Roll (29g)	2	Breaded Pork Patty on W.G. Roll (47g) P Sloppy Joe on W.G. Roll w/Dill Pickle Spear (43g) PB&J Uncrustable (33g) V Baked Potato (51g) Green Beans (5g) Tossed Salad w/Dressing (5g) Baked Apples (26g) Assorted Fresh Fruit (6g) W.G. Roll (29g)	3	Cheeseburger on Bun (30g) All-Beef Hot Dog on Bun (27g) Cheese Cup w/ W.G. Pretzel (34g) V Sweet Potato Fries (17g) Baked Beans (31g) Sauerkraut (5g) Tossed Salad w/Dressing (5g) Vegetable Cup w/Dip (10g) Fruit Cocktail (18g) Assorted Fresh Fruit (6g) W.G. Roll (29g)	4	Chicken Patty on W.G. Roll (40g) Beef-A-Roni (22g) Chicken Fajita Salad (7g) Entrée Salad (7g) Mashed Potatoes w/Gravy (19g)/Peas (14g) Tossed Salad w/Dressing (5g) Pineapple Tidbits (20g) Assorted Fresh Fruit (6g) W.G. Roll (29g) Bite-Size Chocolate Chip Cookie (13g)	5	W.G. Cheese Pizza (32g) V W.G. Pepperoni Pizza (29g) P Fish on W.G. Roll (42g) Vegetable Soup w/Crackers (43g) California Vegetables (5g) Macaroni & Cheese (10g) Tossed Salad w/Dressing (5g) Vegetable Cup w/Dip (10g) Pear Halves (20g) Assorted Fresh Fruit (6g) Corn Muffin (18g)
8	Chicken Fajita Wrap (35g) W.G. Turkey Corn Dog (33g) Grilled Cheese Uncrustable (17g) V Crinkle Fries (17g)/Baked Beans (31g) Tossed Salad w/Dressing (5g) Vegetable Cup w/Dip (10g) Applesauce (23g) Assorted Fresh Fruit (6g) W.G. Roll (29g) Bite-Size Chocolate Chip Cookie (13g)	9	Spaghetti (28g) Chicken Patty on W.G. Roll (40g) PB&J Uncrustable (33g) V Potato Tots (18g) Green Beans (5g) Tossed Salad w/Dressing (5g) Pineapple Tidbits (20g) Assorted Fruit Fruit (6g) W.G. Roll (29g)	10	Traveling Taco (32g) Fish on W.G. Roll (42g) Macaroni & Cheese (40g) Kale Greens (6g) Macaroni & Cheese (10g) Tossed Salad w/Dressing (5g) Vegetable Cup w/Dip (10g) Peach Slices (17g) Assorted Fresh Fruit (6g) W.G. Roll (29g)	11	Chicken Nuggets (13g) Sloppy Joe on W.G. Roll w/Dill Pickle (43g) Chef (7g) or Entrée Salad (7g) V Mashed Potatoes w/Gravy (19g) California Vegetables (5g) Tossed Salad w/Dressing (5g) Fruit Cocktail (18g) Assorted Fresh Fruit (6g) W.G. Roll (29g)	12	W.G. Cheese Pizza (32g) V W.G. Pepperoni Pizza (29g) P Deli Sandwich w/Dill Pickle ((34g) Broccoli w/Cheese (7g) Corn (16g) Tossed Salad w/Dressing (5g) Vegetable Cup w/Dip (10g) Pear Halves (20g) W.G. Roll (29g)
15	Cheeseburger on Bun (30g) Breaded Pork Patty on W.G. Roll (47g) P Cheese Cup w/ W.G. Pretzel (34g) V Potato Wedges (36g) Broccoli w/Cheese (7g) Tossed Salad w/Dressing (5g) Vegetable Cup w/Dip (10g) Applesauce (23g) Assorted Fresh Fruit (6g) W.G. Roll (29g) Bite-Size Chocolate Chip Cookie (13g)	16	Chicken Nuggets (13g) Chili w/Crackers (24g) PB&J Uncrustable (33g) V Mashed Potatoes w/Gravy (19g) Corn (16g) Tossed Salad w/Dressing (4g) Vegetable Cup w/Dip (10g) Pear Halves (20g) Assorted Fresh Fruit (6g) W.G. Roll (29g)	17	Nacho Grande (32g) Roast Beef & Cheese Sandwich (40g) Cheesy Baked Potato (56g) V Baked Potato (51g) Baked Beans (31g) Tossed Salad w/Dressing (5g) Vegetable Cup w/Dip (10g) Peach Slices (17g) Assorted Fresh Fruit (6g) W.G. Roll (29g)	18	Turkey w/Gravy (6g) All-Beef Hot Dog on Bun (27g) Chicken Fajita Salad (7g) Entrée Salad (7g) V Mashed Potatoes w/Gravy (19g) Green Beans (5g) Sauerkraut (5g) Tossed Salad w/Dressing (5g) Pineapple (20g) Assorted Fresh Fruit (6g) W.G. Roll (29g)	19	W.G. Cheese Pizza (32g) V W.G. Pepperoni Pizza (29g) P Grilled Ham & Cheese Sandwich w/Dill Pickle (34g) Peas (14g) Glazed Carrots (12g) Tossed Salad w/Dressing (5g) Vegetable Cup w/Dip (10g) Fruit Cocktail (18g) Assorted Fresh Fruit (6g) W.G. Roll (29g)
22	Chicken Nuggets (13g) Spaghetti (28g) Grilled Cheese Uncrustable (17g) V Mashed Potatoes w/Gravy (19g) Corn (16g) Tossed Salad w/Dressing (4g) Vegetable Cup w/Dip (10g) Peach Slices (17g) Assorted Fresh Fruit (6g) W.G. Roll (29g)	23	Breaded Pork Patty on W.G. Roll (47g) P Sloppy Joe on W.G. Roll w/Dill Pickle Spear (43g) PB&J Uncrustable (33g) V Baked Potato (51g) Green Beans (5g) Tossed Salad w/Dressing (5g) Baked Apples (26g) Assorted Fresh Fruit (6g) W.G. Roll (29g)	24	Cheeseburger on Bun (30g) All-Beef Hot Dog on Bun (27g) Cheese Cup w/ W.G. Pretzel (34g) V Sweet Potato Fries (17g) Baked Beans (31g) Sauerkraut (5g) Tossed Salad w/Dressing (5g) Vegetable Cup w/Dip (10g) Fruit Cocktail (18g)/Assorted Fresh Fruit (6g) W.G. Roll (29g)	25	Chicken Patty on W.G. Roll (40g) Beef-A-Roni (22g) Chicken Fajita Salad (7g) Entrée Salad (7g) Mashed Potatoes w/Gravy (19g) Peas (14g) Tossed Salad w/Dressing (5g) Pineapple Tidbits (20g) Assorted Fresh Fruit (6g) W.G. Roll (29g)	26	W.G. Cheese Pizza (32g) V W.G. Pepperoni Pizza (29g) P Fish on W.G. Roll (42g) Vegetable Soup w/Crackers (43g) California Vegetables (5g) Macaroni & Cheese (10g) Tossed Salad w/Dressing (5g) Vegetable Cup w/Dip (10g)/Pear Halves (20g) Assorted Fresh Fruit (6g)/Corn Muffin (18g) Bite-Size Chocolate Chip Cookie (13g)
29	Chicken Fajita Wrap (35g) W.G. Turkey Corn Dog (33g) Grilled Cheese Uncrustable (17g) V Crinkle Fries (17g)/Baked Beans (31g) Tossed Salad w/Dressing (5g) Vegetable Cup w/Dip (10g) Applesauce (23g) Assorted Fresh Fruit (6g)/W.G. Roll (29g) Bite-Size Chocolate Chip Cookie (13g)	30	Spaghetti (28g) Chicken Patty on W.G. Roll (40g) PB&J Uncrustable (33g) V Potato Tots (18g) Green Beans (5g) Tossed Salad w/Dressing (5g) Pineapple Tidbits (20g) Assorted Fruit Fruit (6g) W.G. Roll (29g)	31	Traveling Taco (32g) Fish on W.G. Roll (42g) Macaroni & Cheese (40g) Kale Greens (6g)/Macaroni & Cheese (10g) Tossed Salad w/Dressing (5g) Vegetable Cup w/Dip (10g) Peach Slices (17g) Assorted Fresh Fruit (6g) W.G. Roll (29g)	 <p>GO, SLOW, WHOA is a guide to help students and parents make healthy food choices. All foods can fit into a healthy diet. A healthy diet means eating more GO foods than SLOW foods and more SLOW foods than WHOA foods.</p>			