

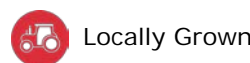
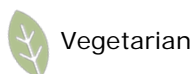


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





Jefferson UHSD: Lunch Menu April 15-19

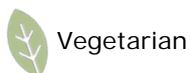
Monday	Tuesday	Wednesday	Thursday	Friday
create				
Chickendipity: Golden Crispy Chicken Tenders (Korean BBQ, SW Ranch or Honey Lime Buffalo) Seasoned Peas Sweet Potato Puffs Whole Grain Biscuit	Soft Beef Tacos with Cilantro Lime Brown Rice, Salsa, Shredded Cheddar Cheese and Fresh Jalapeno	Baked Potato Bar: Home-style Veggie Chili, Cheddar Cheese Sauce, Steamed Broccoli, Low-fat Sour Cream, Scallions and Breadstick	Fish Sandwich Po' Boy Hoagie Roasted Vegetables Orange Rice Pilaf	Pork Carnitas Cuban Rice Pico de Gallo Cilantro Lime Cole Slaw Whole Grain Tortilla
Veggie Lovers Pizza	BBQ Chicken Pizza	Supreme Pizza	Buffalo Chicken Flatbread	Meat Lover's Pizza
Classic Cheese & Pepperoni Pizza	Classic Cheese & Pepperoni Pizza	Classic Cheese & Pepperoni Pizza	Classic Cheese & Pepperoni Pizza	Classic Cheese & Pepperoni Pizza
grilled				
Toasted Ham and Swiss	Cheese Quesadilla	Chicken and Pineapple Ciabatta	Jalapeno Cheese Burger	Turkey Patty Melt
Classic American Cheeseburger	Crispy Chicken Patty Sandwich	Classic American Cheeseburger	Crispy Chicken Patty Sandwich	Classic American Cheeseburger
ON THE GO				
Chicken Caesar Salad Wrap	Tuna Salad Sub	Turkey Ranch Wrap	Southwest Corn and Black Bean Wrap	Buffalo Chicken Wrap
Chicken and Soba Noodle Bento Box	Chicken and Soba Noodle Bento Box	Chicken and Soba Noodle Bento Box	Chicken and Soba Noodle Bento Box	Chicken and Soba Noodle Bento Box
Italian Antipasto Salad, Cheddar Garden Salad	Italian Antipasto Salad, Cheddar Garden Salad	Italian Antipasto Salad, Cheddar Garden Salad	Italian Antipasto Salad, Cheddar Garden Salad	Italian Antipasto Salad, Cheddar Garden Salad
Strawberry Parfait with Homemade Granola	Strawberry Parfait with Homemade Granola	Strawberry Parfait with Homemade Granola	Strawberry Parfait with Homemade Granola	Strawberry Parfait with Homemade Granola
extra extra				
Fresh Celery Sticks	Fresh Carrots	Fresh Celery Sticks	Fresh Carrots	Fresh Celery Sticks
Pickled Beets	Fresh Pepper Strips	Pickled Beets	Fresh Pepper Strips	Pickled Beets
Sweet Corn Salad	Chickpea Salad	Sweet Corn Salad	Chickpea Salad	Sweet Corn Salad
Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit
Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit
Spinach - Cranberry Salad	Spinach - Cranberry Salad	Spinach - Cranberry Salad	Spinach - Cranberry Salad	Spinach - Cranberry Salad





Jefferson UHSD: Lunch Menu April 22-26

Monday	Tuesday	Wednesday	Thursday	Friday
create				
Chicken Pasta Alfredo Seasoned Peas Dinner Roll	Fish Taco in Soft Tortilla with Creamy Cilantro Lime Dressing Seasoned Corn	BBQ Pulled Pork Sandwich Boston Baked Beans Fresh Vegetable Medley	Power Bowl: Turkey Pot Roast Bowl – Slow Roasted Turkey, Brown Rice, Potatoes, Carrots & Gravy Topped with Fried Onions	Breakfast for Lunch: French Toast Sticks, Turkey Sausage Patty, Home Fried Potatoes, Baked Apple Slices
				
Veggie Lovers Pizza 	BBQ Chicken Pizza	Supreme Pizza	Buffalo Chicken Flatbread	Meat Lover's Pizza
Classic Cheese & Pepperoni Pizza 	Classic Cheese & Pepperoni Pizza 	Classic Cheese & Pepperoni Pizza 	Classic Cheese & Pepperoni Pizza 	Classic Cheese & Pepperoni Pizza 
grilled				
Chicken Cheese Steak	Black Bean Burger 	Buffalo Chicken Panini	Bacon Cheeseburger	Chicken Cordon Blue Sandwich
Classic American Cheeseburger	Crispy Chicken Patty Sandwich	Classic American Cheeseburger	Crispy Chicken Patty Sandwich	Classic American Cheeseburger
ON THE GO				
Chicken Ranch Wrap	Chicken Caesar Salad Wrap	Tuna Salad Whole Grain Wrap	Southwest Corn and Black Bean Wrap 	Buffalo Chicken Wrap
Homemade Rosemary Hummus Bento Box 	Homemade Rosemary Hummus Bento Box 	Homemade Rosemary Hummus Bento Box 	Homemade Rosemary Hummus Bento Box 	Homemade Rosemary Hummus Bento Box 
Chicken and Cheese Chef's Salad, Cheddar Garden Salad	Cran-Apple Chicken Salad, Cheddar Garden Salad	Chicken and Cheese Chef's Salad, Cheddar Garden Salad	Cran-Apple Chicken Salad, Cheddar Garden Salad	Chicken and Cheese Chef's Salad, Cheddar Garden Salad
Blueberry Parfait w/ Homemade Granola 	Blueberry Parfait w/ Homemade Granola 	Blueberry Parfait w/ Homemade Granola 	Blueberry Parfait w/ Homemade Granola 	Blueberry Parfait w/ Homemade Granola 
extra				
Tomato, Chickpea & Green Bean Salad	Grape Tomatoes	Tomato, Chickpea & Green Bean Salad	Grape Tomatoes	Tomato, Chickpea & Green Bean Salad
Broccoli Florets	Fresh Pepper Strips	Broccoli Florets	Fresh Pepper Strips	Broccoli Florets
Greek Potato Salad	Asian Pinto Bean Salad	Greek Potato Salad	Asian Pinto Bean Salad	Greek Potato Salad
Fresh Whole Fruit	Fresh Whole Fruit 	Fresh Whole Fruit	Fresh Whole Fruit 	Fresh Whole Fruit
Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit
Spinach and Romaine Side Salad	Spinach and Romaine Side Salad	Spinach and Romaine Side Salad	Spinach and Romaine Side Salad	Spinach and Romaine Side Salad



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Jefferson UHSD: Lunch Menu April 29-May 3

Monday	Tuesday	Wednesday	Thursday	Friday
create				
Turkey Nachos with Shredded Romaine Lettuce, Fresh Diced Tomatoes, Sliced Jalapenos, Low-fat Sour Cream and Salsa	BBQ Chicken Mashed Potatoes Vegetarian Baked Beans Warm Biscuit	Teriyaki Glazed Beef Asian Brown Rice Steamed Broccoli Florets	Vegetarian Chili Whole Grain Macaroni Seasoned Corn Whole Grain Dinner Roll	Global Street Food: Indian Chicken Shawarma with Roasted Vegetables
				
Veggie Lovers Pizza 	BBQ Chicken Pizza	Supreme Pizza	Buffalo Chicken Flatbread	Meat Lover's Pizza
Classic Cheese & Pepperoni Pizza 	Classic Cheese & Pepperoni Pizza 	Classic Cheese & Pepperoni Pizza 	Classic Cheese & Pepperoni Pizza 	Classic Cheese & Pepperoni Pizza 
grilled				
Toasted Ham and Swiss	Cheese Quesadilla 	Crispy Chicken Breast Tenders with Roll	Jalapeno Cheese Burger	Turkey Patty Melt
Classic American Cheeseburger	Crispy Chicken Patty Sandwich	Classic American Cheeseburger	Crispy Chicken Patty Sandwich	Classic American Cheeseburger
ON THE GO				
Chicken Salad Ciabatta	Hummus and Feta Wrap 	Chicken Salad Ciabatta	Hummus and Feta Wrap 	Chicken Salad Ciabatta
Vegetable Crudit� with Roasted Beet Hummus 	Vegetable Crudit� with Roasted Beet Hummus 	Vegetable Crudit� with Roasted Beet Hummus 	Vegetable Crudit� with Roasted Beet Hummus 	Vegetable Crudit� with Roasted Beet Hummus 
Turkey Cobb Salad, Cheddar Garden Salad	Ham & Cheddar Chef Salad, Cheddar Garden Salad	Turkey Cobb Salad, Cheddar Garden Salad	Ham & Cheddar Chef Salad, Cheddar Garden Salad	Turkey Cobb Salad, Cheddar Garden Salad
Mixed Berry Parfait with Homemade Granola	Mixed Berry Parfait with Homemade Granola	Mixed Berry Parfait with Homemade Granola	Mixed Berry Parfait with Homemade Granola	Mixed Berry Parfait with Homemade Granola
extra extra				
Baby Carrots	Cauliflower Florets	Grape Tomatoes	Broccoli Florets	Baby Carrots
Four Bean Salad	Homestyle Potato Salad	Four Bean Salad	Homestyle Potato Salad	Four Bean Salad
Celery Sticks	Fresh Pepper Strips	Celery Sticks	Fresh Pepper Strips	Celery Sticks
Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit
Assorted Chilled Fruit 	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit 
Mixed Greens Salad	Mixed Greens Salad 	Mixed Greens Salad	Mixed Greens Salad 	Mixed Greens Salad 



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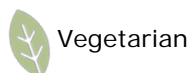
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Jefferson UHSD: Lunch Menu May 6-10

Monday	Tuesday	Wednesday	Thursday	Friday
create				
Sweet & Sour Turkey Meatballs Whole Grain Rotini Seasoned Zucchini	General Tso's Chicken Asian Brown Rice Sesame Green Beans	Macaroni and Cheese Steamed Broccoli Florets Baby Carrots Dinner Roll	Chicken Parmesan Spaghetti Marinara Seasoned Cauliflower Roasted Italian Vegetables	Philly Cheese Steak Sautéed Peppers, Onions and Mushrooms Crispy Tater Tots
Veggie Lovers Pizza	BBQ Chicken Pizza	Supreme Pizza	Buffalo Chicken Flatbread	Meat Lover's Pizza
Classic Cheese & Pepperoni Pizza	Classic Cheese & Pepperoni Pizza	Classic Cheese & Pepperoni Pizza	Classic Cheese & Pepperoni Pizza	Classic Cheese & Pepperoni Pizza
grilled				
Chicken Cheese Steak	Black Bean Burger	Buffalo Chicken Panini	Bacon Cheeseburger	Chicken Cordon Blue Sandwich
Classic American Cheeseburger	Crispy Chicken Patty Sandwich	Classic American Cheeseburger	Crispy Chicken Patty Sandwich	Classic American Cheeseburger
ON THE GO				
Chicken Ranch Wrap	Chicken Caesar Salad Wrap	Tuna Salad Whole Grain Wrap	Southwest Corn and Black Bean Wrap	Buffalo Chicken Wrap
Vegetable Crudité with Edamame Basil Spread	Vegetable Crudité with Edamame Basil Spread	Vegetable Crudité with Edamame Basil Spread	Vegetable Crudité with Edamame Basil Spread	Vegetable Crudité with Edamame Basil Spread
Chicken and Cheese Chef's Salad, Cheddar Garden Salad	Cran-Apple Chicken Salad, Cheddar Garden Salad	Chicken and Cheese Chef's Salad, Cheddar Garden Salad	Cran-Apple Chicken Salad, Cheddar Garden Salad	Chicken and Cheese Chef's Salad, Cheddar Garden Salad
Very Berry Parfait with Homemade Granola	Very Berry Parfait with Homemade Granola	Very Berry Parfait with Homemade Granola	Very Berry Parfait with Homemade Granola	Very Berry Parfait with Homemade Granola
extra extra				
Fresh Celery Sticks	Fresh Baby Carrots	Fresh Celery Sticks	Fresh Baby Carrots	Fresh Celery Sticks
Four Bean Salad	Greek Potato Salad	Four Bean Salad	Greek Potato Salad	Red Bell Pepper Strips
Fresh Cherry Tomatoes	Fresh Sugar Snap Peas	Fresh Cherry Tomatoes	Fresh Sugar Snap Peas	Fresh Cherry Tomatoes
Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit
Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit	Assorted Chilled Fruit
Hearty Spinach & Vegetable Salad	Hearty Spinach & Vegetable Salad	Hearty Spinach & Vegetable Salad	Hearty Spinach & Vegetable Salad	Hearty Spinach & Vegetable Salad



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