



Jefferson UHSD: Lunch Menu Sept 9-13

Monday	Tuesday	create ^v	Thursday	Friday
Chicken Bacon Spinach Penne Dinner roll	Turkey Nachos Seasoned black bean Dinner roll	Smothered Baked Chicken Cilantro lime brown rice Dinner roll	Teriyaki Chicken and Vegetable Lo Mein Noodles Dinner roll	Chicken pasta Alfredo Mixed green salad Dinner roll
2 <small>tomato</small>				
Garlic Chicken	Veggie Lover's	Turkey Bacon	Italian Sausage	Supreme
Pepperoni Classic Cheese Veggie pizza	Pepperoni Classic Cheese Veggie pizza	Pepperoni Classic Cheese Veggie pizza	Pepperoni Classic Cheese Veggie pizza	Pepperoni Classic Cheese Veggie pizza
grilled				
Classic American Cheeseburger Oven baked curly fries	Classic American Cheeseburger Oven baked curly fries	Classic American Cheeseburger Oven baked curly fries	Classic American Cheeseburger Oven baked curly fries	Classic American Cheeseburger Oven baked curly fries
Crispy Chicken Patty Sandwich Oven baked curly fries	Crispy Chicken Patty Sandwich Oven baked curly fries	Crispy Chicken Patty Sandwich Oven baked curly fries	Crispy Chicken Patty Sandwich Oven baked curly fries	Crispy Chicken Patty Sandwich Oven baked curly fries
SO DELI				
<i>Made to Order Sandwich Bar</i>				
<i>Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</i>				
ON THE GO				
Cheddar mozzarella salad	Cheddar mozzarella salad	Cheddar mozzarella salad	Cheddar mozzarella salad	Cheddar mozzarella salad
Spinach salad with bacon and egg	Spinach salad with bacon and egg	Spinach salad with bacon and egg	Spinach salad with bacon and egg	Spinach salad with bacon and egg
Cheese quesadilla	Cheese quesadilla	Cheese quesadilla	Cheese quesadilla	Cheese quesadilla
Dinner roll	Dinner roll	Dinner roll	Dinner roll	Dinner roll
extra				
Tomato green beans and chickpea salad	Tomato green beans and chickpea salad	Tomato green beans and chickpea salad	Tomato green beans and chickpea salad	Tomato green beans and chickpea salad
Broccoli	Broccoli	Broccoli	Broccoli	Broccoli
German potato salad	German potato salad	German potato salad	German potato salad	German 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 & romaine Salad	Spinach & romaine Salad	Spinach & romaine Salad	Spinach & romaine Salad	Spinach & romaine Salad





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Jefferson UHSD: Lunch Menu Sept 16-20

Monday	Tuesday	Wednesday	Thursday	Friday
create				
Chicken tenders Seasoned peas Sweet potato tots Bisque	Macaroni and cheese Fresh dice tomato Baked beans Dinner roll	Turkey Meatloaf Mashed Potatoes Steamed Peas Dinner roll	Orange chicken stir fry Brown fried rice Dinner roll	<i>Beef taco meat</i> <i>Cilantro lime coleslaw</i> <i>Corn tortilla</i>
2 <small>tomato</small>				
Veggie Lovers Pizza	Pepperoni jalapeno	Mushroom	Buffalo Chicken	Meat Lover's Pizza
Classic Cheese Pepperoni Pizza Chicken Alfredo & broccoli	Classic Cheese Pepperoni Pizza Chicken Alfredo & broccoli	Classic Cheese Pepperoni Pizza Chicken Alfredo & broccoli	Classic Cheese Pepperoni Pizza Chicken Alfredo & broccoli	Classic Cheese Pepperoni Pizza Chicken Alfredo & broccoli
grilled				
Classic American Cheeseburger Curly fries	Classic American Cheeseburger Curly fries	Classic American Cheeseburger Curly fries	Classic American Cheeseburger Curly fries	Classic American Cheeseburger Curly fries
Ham & Swiss Cheese Curly fries	Ham & Swiss Cheese Curly fries	Ham & Swiss Cheese Curly fries	Ham & Swiss Cheese Curly fries	Ham & Swiss Cheese Curly fries
SO DELI				
<i>Made to Order Sandwich Bar</i> <i>Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</i>				
ON THE GO				
Chicken Caesar salad Wrap	Chicken Caesar Salad Wrap	Chicken Caesar Salad Wrap	Chicken Caesar Salad Wrap	Chicken Caesar Salad Wrap
Ham & Cheddar Chef salad	Ham & Cheddar Chef salad	Ham & Cheddar Chef salad	Ham & Cheddar Chef salad	Ham & Cheddar Chef salad
Cheddar mozzarella Salad	Cheddar mozzarella Salad	Cheddar mozzarella Salad	Cheddar mozzarella Salad	Cheddar mozzarella Salad
Dinner roll	Dinner roll	Dinner roll	Dinner roll	Dinner roll
extra extra				
Celery Stick	Celery Stick	Celery Stick	Celery Stick	Celery Stick
Fresh Carrots	Fresh Carrots	Fresh Carrots	Fresh Carrots	Fresh Carrots
Fresh grape tomato	Fresh grape tomato	Fresh grape tomato	Fresh grape tomato	Fresh grape tomato
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
Fresh Sugar snap peas	Fresh Sugar snap peas	Fresh Sugar snap peas	Fresh Sugar snap peas	Fresh Sugar snap peas



Vegetarian




















Locally Grown



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KITCHEN

Jefferson UHSD: Lunch Menu Sept 23-27

Monday	Tuesday	Wednesday <i>create</i>	Thursday	Friday
Chicken nuggets Roasted broccoli Sweet potato tots WG Biscuit	Turkey Nachos Mexican stile refried beans	Sloppy joe Curly fries	General Tso's Chicken Asian brown rice Vegetable egg roll	Chicken bacon & spinach penne Dinner roll
				
Chicken Alfredo broccoli Pizza	Hamburger Pizza	Broccoli & cheese 	Aloha	Supreme
Pepperoni Classic Cheese & Veggie Pizza 	Pepperoni Classic Cheese & Veggie Pizza 	Pepperoni Classic Cheese & Veggie Pizza 	Pepperoni Classic Cheese & Veggie Pizza 	Pepperoni Classic Cheese & Veggie Pizza 
grilled				
Classic American Cheeseburger Curly fries	Classic American Cheeseburger Curly fries	Classic American Cheeseburger Curly fries	Classic American Cheeseburger Curly fries	Classic American Cheeseburger Curly fries
Chicken parmesan Sandwich Curly fries	Chicken parmesan Sandwich Curly fries	Chicken parmesan Sandwich Curly fries	Chicken parmesan Sandwich Curly fries	Chicken parmesan Sandwich Curly fries
SO DELI				
<i>Made to Order Sandwich Bar</i>				
<i>Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</i>				
ON THE GO				
Chicken Salad WG slice bread	Chicken Salad WG slice bread	Chicken Salad WG slice bread	Chicken Salad WG slice bread	Chicken Salad WG slice bread
Buffalo Chicken wrap	Buffalo Chicken wrap	Buffalo Chicken wrap	Buffalo Chicken wrap	Buffalo Chicken wrap
Mix green salad with cheese Dinner roll 	Mix green salad with cheese Dinner roll 	Mix green salad with cheese Dinner roll 	Mix green salad with cheese Dinner roll 	Mix green salad with cheese Dinner roll 
Strawberry Parfait with Granola	Strawberry Parfait with Granola	Strawberry Parfait with Granola	Strawberry Parfait with Granola	Strawberry Parfait with Granola
extra extra				
Baby Carrots 	Baby Carrots 	Baby Carrots 	Baby Carrots 	Baby Carrots 
Celery Sticks	Celery Sticks	Celery Sticks	Celery Sticks	Celery Sticks
Home-style potato salad	Home-style potato salad	Home-style potato salad	Home-style potato salad	Home-style 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
Fresh chopped romaine	Fresh chopped romaine	Fresh chopped romaine	Fresh chopped romaine	Fresh chopped romaine



Vegetarian



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Jefferson UHSD: Lunch Menu Sept 30 Oct-4

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Alfredo pasta Broccoli Dinner roll	Beed Nachos Mexican stile refried bean Dinner roll	Meatball & spaghetti sauce Rotini pasta Dinner roll	Asian pineapple chicken Asian brown rice Fresh show peas Dinner roll	Philly Cheese Steak Sautéed Peppers, Onions and Mushrooms Crispy Tater Tots
Margherita Pizza	Mexican peppers tomato & olive Pizza	Turkey bacon Pizza	Hawaiian	Italian sausage Pizza
Pepperoni Classic Cheese & Veggie Pizza	Pepperoni Classic Cheese & Veggie Pizza	Pepperoni Classic Cheese Veggie Pizza	Pepperoni Classic Cheese Veggie Pizza	Pepperoni Classic Cheese Veggie Pizza
grilled				
Classic American Cheeseburger	Classic American Cheeseburger	Classic American Cheeseburger	Classic American Cheeseburger	Classic American Cheeseburger
Black Bean Burger	Crispy Chicken Patty Sandwich	Crispy Chicken Patty Sandwich <i>SO DELI</i>	Crispy Chicken Patty Sandwich	Black Bean Burger
<i>Made to Order Sandwich Bar</i> <i>Available Daily: Variety of Meats, Cheeses, Whole Grain Bread or Wraps, Vegetable Toppings, and Condiments</i>				
ON THE GO				
California ham wrap	California ham wrap	California ham wrap	California ham wrap	California ham wrap
Southwest chicken salad & cheese Dinner roll	Southwest chicken salad & cheese Dinner roll	Southwest chicken salad & cheese Dinner roll	Southwest chicken salad & cheese Dinner roll	Southwest chicken salad & cheese Dinner roll
Blueberry Parfait with Granola	Blueberry Parfait with Granola	Blueberry Parfait with Granola	Blueberry Parfait with Granola	Blueberry Parfait with Granola
Dinner roll	Dinner roll	Dinner roll	Dinner roll	Dinner roll
Hearty spinach & vegetable salad	Hearty spinach & vegetable salad	Hearty spinach & vegetable salad	Hearty spinach & vegetable salad	Hearty spinach & vegetable salad
	Fresh cherry tomato	Fresh cherry tomato	Fresh cherry tomato	Fresh cherry tomato
Sweet & spice green bean	Sweet & spice green bean	Sweet & spice green bean	Sweet & spice green bean	Sweet & spice green bean
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
Season pinto beans	Season pinto beans	Season pinto beans	Season pinto beans	Season pinto beans

