



September 2022		Jefferson Elementary School			SY 2022-2023	
Monday	Tuesday	Wednesday	Thursday	Friday		
 <h1>JES Surfers</h1> <p>Thank you for wearing your mask!</p>			1	2		
			#CEREAL W/TOAST DICED PEARS FRESH FRUIT	#PIZZA BAGEL MIXED FRUIT GRAPE JUICE		
5	6	7	8	9		
Labor Day No School 	#BREAKFAST KIT FRESH FRUIT	*PORTUGUESE SAUSAGE W/STEAMED RICE ORANGE WEDGES PINEAPPLE CHUNKS	#BREAKFAST PIZZA APPLE SLICES APPLE CHIPS	#CINNAMON ROLL ORANGE WEDGES DICED PEARS		
	#MAC & CHEESE EDAMAME & BABY CARROTS ORANGE WEDGES	*PEPPERONI PIZZA VEGGIE STICKS & CORN APPLE WEDGES	HAMBURGER CURRY W/STEAMED RICE CORN & BROCCOLI FRUIT SLUSHIE	TUNA SANDWICH W/ CHICKEN NOODLE SOUP TOMATOES & VEGGIE STICKS ORANGE WEDGES		
12	13	14	15	16		
#CEREAL W/TOAST APPLESAUCE APPLE SLICES	#PLAIN BAGEL W/CREAM CHEESE ORANGE WEDGES DICED PEARS	COUNTRY GRAVY PIZZA PINEAPPLE CHUNKS CRAISINS	*PORK SAUSAGE PATTY W/STEAMED RICE MIXED FRUIT FRUIT PUNCH	#FRUITED MUFFIN GRAPE JUICE SLICED PEACHES		
#CHEESE BITES W/MARINARA SAUCE VEGGIE STICKS FRUIT SLUSHIE	CREOLE MACARONI GREEN SALAD & EDAMAME APPLESAUCE	HAMBURGER W/ WEDGE FRIES LETTUCE & TOMATO ORANGE WEDGES	BREADED CHICKEN TENDERS W/STEAMED RICE CORN & EDAMAME SLICED PEACHES	ROAST TURKEY W/GRAVY WHIPPED POTATOES & ROLL BROCCOLI & CARROTS DICED PEAR		
19	20	21	22	23		
#CHEESE STICK MARINARA SAUCE SLICED PEACHES	#BELGIAN WAFFLE ORANGE WEDGES MIXED FRUIT	#YOGURT W/GRANOLA DICED PEARS APPLE SLICES	*PORTUGUESE SAUSAGE W/STEAMED RICE APPLESAUCE CRAISINS	#CINNAMON ROLL APPLE CHIPS ORANGE WEDGES		
#CHEESE PIZZA GREEN SALAD & CARROTS FRESH FRUIT	FISH SANDWICH W/WEDGE FRIES VEGGIE STICKS BAKED BEANS FRUIT SLUSHIE	SPAGHETTI W/MEAT SAUCE ROLL GREEN SALAD & EDAMAME ORANGE WEDGES	& *ROAST PORK W/ GRAVY & STEAMED RICE BROCCOLI & CARROTS FRUIT JUICE	BEEF HOT DOG IN BUN W/TATER TOTS COLE SLAW APPLE CHIPS		
26	27	28	29	30		
#FRENCH TOAST STICKS APPLE CHIPS PINEAPPLE CHUNKS	BREAKFAST CHICKEN PATTY W/ STEAMED RICE APPLE SLICES SLICED PEACHES	#CEREAL W/TOAST DICED PEARS FRESH FRUIT	#PIZZA BAGEL MIXED FRUIT GRAPE JUICE	*COFFEE CAKE W/PORK SAUSAGE PATTY ORANGE WEDGES APPLE CHIPS		
#TASTY TENDERS W/STEAMED RICE & VEGGIE STICKS EDAMAME & CARROTS APPLESAUCE	CHICKEN SANDWICH W/EMOJI POTATOES LETTUCE & TOMATO APPLE SLICES	BEEF CHILI NACHOS W/QUESO RAINBOW SALAD FRUIT JUICE	BEEF PATTY W/GRAVY & STEAMED RICE BROCCOLI & CORN FRESH FRUIT	*KALUA PORK W/CABBAGE & STEAMED RICE LOMI TOMATO PINEAPPLE CHUNKS		
Menu subject to change without notice. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.						
KEY: * = does contain pork		WG = whole grain		# =meatless		

