

SEPTEMBER 2023 JEFFERSONVILLE ELEMENTARY SCHOOL

BREAKFAST



School Information: Daily Choices FF Flavored or 1% LF unflavored milk, fruit, veggie and side salad upon availability. Students must choose 3 items and at least 1 must be ½ cup fruit or ½ cup vegetable or both. Water is available to all students.



September is National Biscuit Month. Try a breakfast sandwich on a biscuit or try out a new recipe with chicken and biscuits this month!

MONDAY

This institution is an equal opportunity provider.

TUESDAY



WEDNESDAY



THURSDAY

FRIDAY

Labor Day

4

ASYNCHRONOUS DAY

5

PANCAKE BITES/
SYRUP OR
CEREAL
FRUIT OR JUICE

6

SAUSAGE LINK &
FRENCH TOAST
/SYRUP OR
BLUEBERRY MUFFIN
JUICE OR FRUIT

7

GLAZED HONEY BUN
OR
CINN IMINI JUICE
OR FRUIT

1

MINI BLUEBERRY
WAFFLES OR CEREAL
CINNAMON TOAST
JUICE OR FRUIT

11

BACON BISCUIT OR
SUPER DONUT
JELLY JUICE OR
FRUIT

12

PANCAKE BITES OR
CEREAL –LUCKY
CHARMS
SYRUP
JUICE OR FRUIT

13

BLUEBERRY MINI
PANCAKES OR
BANANA MUFFIN
JUICE OR FRUIT

14

SAUSAGE BISCUIT
TWIN OR CEREAL –
LUCKY CHARMS
JUICE OR FRUIT

15

SAUSAGE
BISCUIT/JELLY
OR CEREAL
JUICE OR FRUIT

18

CHICKEN BISCUIT/
JELLY OR
CEREAL
JUICE OR FRUIT

19

PANCAKE
STICK/SYRUP OR
BLUEBERRY MUFFIN
JUICE OR FRUIT

20

FRENCH TOAST
W/SAUSAGE
LINK/SYRUP OR
CHOCOLATE CHIP
MUFFIN
JUICE OR FRUIT

21

SUPER DONUT
OR
POTART
JUICE OR FRUIT

22

PANCAKE
BITES/SYRUP
OR CEREAL
FRUIT OR JUICE

25

HAM BISCUIT
JELLY/OR
CEREAL
FRUIT JUICE

26

SAUSAGE BISCUIT
OR CEREAL
JELLY
FRUIT JUICE

27

BREAKFAST TO GO
PIZZA OR
CEREAL
FRUIT JUICE

28

SAUSAGE BISCUIT
TWIN OR
CEREAL JUICE
OR FRUIT

29

SEPTEMBER 2023 JEFFERSONVILLE ELEMENTARY SCHOOL

LUNCH



School Information: Daily Choices FF Flavored or 1% LF unflavored milk fruit, veggie and side salad upon availability. Students must choose 3 items and at least 1 must be ½ cup fruit or ½ cup vegetable or both. Water is available to all students.



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

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TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

Labor Day

4

ASYNCHRONOUS DAY

5

OVEN BAKED PORK CHOP
OR PBJ
CREAMED POTATOES
TURNIPS
CORNBREAD

6

BEEF NACHO CHEESE
W/CHIPS OR WRAP SHRD
LETTUCE, DICED
TOMATO/SALSA/TACO
SAUCE/ BLACK BEAN
SALAD/ MEXICAN RICE

7

CHICKEN SANDWICH
OR PBJ
WAFFLE FRIES
SIDE SALAD/RANCH
CARROT STICKS W/ RANCH

1

8

CHICKEN TENDERS W/ ROLL
OR PBJ UNCRUSTABLE
MASHED POTATOES
STEAMED BROCCOLI
SIDE KICK FROZEN JUICE-
ORANGE

11

CORNDOG OR
PBJ UNCRUSTABLE
BAKED BEANS
GARDEN SALAD
W/RANCH DRESSING

12

CHICKEN NUGGETS
W/ROLL/ PBJ OR
CHEF SALAD
STEAMED COOKED RICE
SEASONED GREEN BEANS
CARROT STICK W/DIP

13

HAMBURGER SANDWICH
LETTUCE/TOMATO OR
PBJ UNCRUSTABLE
POTATO WEDGES
SEASONED
PICKLE

14

CHEESE SLICE PIZZA
CHICKEN EGG ROLL OR
PBJ UNCRUSTABLE
GARDEN SALAD
W/DRESSING

15

POPCORN CHICKEN
NUGGETS OR PBJ
DINNER ROLL
SEASONED RICE
CARROT STICKS W/ RANCH
SWEET PEAS
FRUIT CHOICE

18

TUNA SALAD W/DINNER
ROLL OR HOT HAM &
CHEESE SANDWICH
SEASONED POTATO
WEDGES
CARROT STICKS W/ RANCH

19

SPAGHETTI & MEAT
SAUCE W/ GARLIC
KNOTS OR PBJ
SIDE SALAD/RANCH
CORN ON THE COB

20

SALISBURY STEAK &
GRAVY W/ DINNER ROLL
OR PBJ
CREAMED POTATOES
BROCCOLI W/ CHEESE

21

HOT DOG ON BUN OR PBJ
BAKED BEANS
COLESLAW
SEASONED FRIES
SIDE KICK JUICE FROZEN -
ORANGE

22

CHICKEN ALFREDO OR
PBJ
STEAMED BROCCOLI
SEASONED BLACK BEANS
CARROT STICKS/RANCH
FRUIT CHOICE

25

OVEN BAKED PIZZA OR
CHEESE BREADSTICKS
SIDE SALAD/RANCH
STEAMED CORN
CARROT STICKS/RANCH
FRUIT CHOICE

26

OVEN BAKED CHICKEN W/
CORNBREAD OR
PBJ
STEAMED CABBAGE
SEASONED COOKED RICE
FRUIT CHOICE

27

BEEF FINGERS W/DINNER
ROLL OR PBJ
CREAMED POTATOES
SWEET PEAS
CARROT STICKS/RANCH

28

PERSONAL PAN
PIZZA OR
SLICED PIZZA
GARDEN SALAD
W/DRESSING

29