



Jefferson High School November 2015



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Corn Dog Nuggets ● Tortilla Chips/Salsa Broccoli Baked Beans Mixed Fruit Milk Variety</p> <p>Alternate Choice: Hamburger/Bun or Salad Bar</p>	<p>3 Bosco Sticks Pizza Dipping Sauce Fresh Veggie Cup Petite Banana Milk Variety</p> <p>Alternate Choice: Chicken Patty/Bun or Potato Bar</p>	<p>4 Cheeseburger Lettuce & Tomato Sweet Potato Fries Watermelon Milk Variety</p> <p>Alternate Choice: Corn Dog ● or Taco Bar</p>	<p>5 Chicken Stir Fry Brown Rice Tea Biscuits Apple Slices Milk Variety</p> <p>Alternate Choice: Salad Bar</p>	<p>6 Stuffed Crust Pizza Peas Fruit Choice M&M Cookie Milk Variety</p> <p>Alternate Choice: Chicken Fajita Wrap or Salad Bar</p>
<p>9 Chicken Patty Mashed Potatoes & Gravy Tea Biscuit Green Beans Peach Slices Milk Variety</p> <p>Alternate Choice: Hamburger/Bun or Salad Bar</p>	<p>10 Cheese Quesadilla Garden Salad Veg. Refried Beans Fresh Apple Slices Milk Variety</p> <p>Alternate Choice: Chicken Patty/Bun or Potato Bar</p>	<p>11 Fish Fillet w/Cheese on a Bun Lettuce & Tomato Roasted Red Potatoes Diced Pears Milk Variety</p> <p>Alternate Choice: Hot Ham & Cheese ▼ or Taco Bar</p>	<p>12 Beef Nachos Grande' Tostitos Baked Scoops Lettuce & Salsa Rice Pineapple Tidbits Sherbet Cup Milk Variety</p> <p>Alternate Choice: Salad Bar</p>	<p>13 Shrimp Poppers Yogurt Cup Tea Biscuits Carrot Sticks Orange Smiles Milk Variety</p> <p>Alternate Choice: Chicken Fajita Wrap or Salad Bar</p>
<p>16 Chicken Nuggets Macaroni & Cheese Broccoli Mandarin Oranges Milk Variety</p> <p>Alternate Choice: Hamburger/Bun or Salad Bar</p>	<p>17 Cheeseburger Lettuce & Tomato Tortilla Chips/Salsa Fresh Veggie Cup Watermelon Milk Variety</p> <p>Alternate Choice: Chicken Patty/Bun or Potato Bar</p>	<p>18 Corn Dog Nuggets ● Spicy Curly Fries Baked Beans Carrots/Dip Orange Smiles Milk Variety</p> <p>Alternate Choice: Pork Steak/Bun ▼ or Taco Bar</p>	<p>19 Turkey Gravy Mashed Potatoes WW Tea Biscuits Green Beans Crisp Apple Wedges Milk Variety</p> <p>Alternate Choice: Salad Bar</p>	<p>20 Mozz Chz Sticks Pretzel Rod Pizza Dipping Sauce Fruit Choice Milk Variety</p> <p>Alternate Choice: Chicken Fajita Wrap or Salad Bar</p>
<p>23 No School Conferences/Workshops</p>	<p>24 No School Conferences/Workshops</p>	<p>25 No School Thanksgiving Break</p>	<p>26 Thanksgiving Holiday</p>	<p>27 No School Thanksgiving Break</p>


Menus may change without notice.

Lactose reduced milk
available with written request.

● Turkey or Beef ▼ may contain Pork ■ may contain Nuts
All bread/grains served are whole grain rich

Food prepared in kitchens where milk, eggs, soy beans, tree nuts, peanuts and other ingredients are used. Detailed menu analysis available at www.isd271.org (select Departments, select Food Services, select Menus)

High School Breakfast Menu - Breakfast includes fruit, 100% fruit juice & 8oz milk

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Bagel or Cereal & Toast or Yogurt Parfait or Bagels & Cream Cheese or Cinnamon Roll & Yogurt or PB&J Uncrustable ■ or Banana Bread	Egg & Sausage Sandwich ● or Cereal & Toast or Yogurt Parfait or Bagels & Cream Cheese or Cinnamon Roll & Yogurt	Breakfast Pizza ● or Cereal & Toast or Yogurt Parfait or Bagels & Cream Cheese or Cinnamon Roll & Yogurt or PB&J Uncrustable ■ or Banana Bread	Ham & Egg Sandwich ● or Cereal & Toast or Yogurt Parfait or Bagels & Cream Cheese or Cinnamon Roll & Yogurt <div style="text-align: center; margin-top: 10px;">  </div>	French Toast Sticks or Cereal & Toast or Yogurt Parfait or Bagels & Cream Cheese or Cinnamon Roll & Yogurt or PB&J Uncrustable ■ or Banana Bread

A good breakfast is the key to a day filled with fun and learning.
Eating breakfast at school helps get your brain and your body working at their best.
If you are approved for free or reduced priced meals breakfast is served free.



Breakfast is Fuel for School - Running on empty can leave kids and adults feeling fatigued and out of sorts.

Breakfast Boosts Brain Power - Eating Breakfast helps children do better in school by improving alertness, concentration, problem-solving ability, tests scores, attendance and mood.

Breakfast Builds Better Bodies - Kids and adults who eat breakfast get more fiber, calcium, vitamins A & C, riboflavin, zinc and iron than breakfast skippers.

Check or cash meal payments may be made at the individual school kitchens or the district Food Service office (1350 West 106th Street). For account balances call 952-681-6570. Credit card payments may be made on the PayPAMS web site - <http://www.PayPAMS.com>. Payments made before 9:00 am will usually be in the student's account the same school day by lunch.

If your application is approved for reduced, there is no charge for lunch or breakfast.

SCHOOL MEAL PAYMENT ORDER FORM - Account Balance Information 952-681-6570

MAIL TO: ESC - FOOD SERVICE DEPARTMENT
 1350 West 106th Street
 BLOOMINGTON, MN 55431

K-5 Lunch	2.50	1-5 Breakfast	1.40
6-8 Lunch	2.75	6-8 Breakfast	1.45
9-12 Lunch	2.80	9-12 Breakfast	1.55
*Free/Reduced Lunch	.00	*Free/Reduced Breakfast	.00
Milk Only	.45		

CHECK # _____
 Make check payable to: ISD #271

Name _____	School _____	Grade _____	\$ _____.
Last	First	Middle I	
Name _____	School _____	Grade _____	\$ _____.
Last	First	Middle I	
Name _____	School _____	Grade _____	\$ _____.
Last	First	Middle I	

*Must have a current approved application and the student must choose a reimbursable meal to qualify for meal benefits. If a student chooses to bring a meal from home, they must pay for their carton of milk which costs .45, meal benefits do not apply to milk only.

TOTAL ORDER