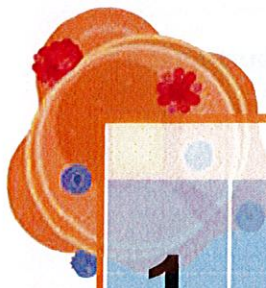


Jessamine County High Schools' 2018-19 Menus



BREAKFAST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Ham & Cheese Hawaiian Buns, Mini Pancake & Sausage Bites, WG Pop-Tart, <u>or</u> Trix Cereal & Grahams Orange Wedges Applesauce	Scrambled Eggs with Biscuit & Jelly, Apple Cinn. Breadstick, Pillsbury Filled Crescent, <u>or</u> Lucky Charms Cereal & Grahams Banana Mandarin Oranges	WG Baked Donut, Sausage, Egg & Cheese Biscuit, Fruit & Yogurt Smoothie & Grahams, <u>or</u> Cocoa Puffs Cereal & Grahams Seasonal Fresh Fruit Tropical Fruit	Chicken Biscuit, Fruity Yogurt Parfait & Muffin, Pillsbury Filled Crescent, <u>or</u> Cinn. Toast Crunch Cereal & Grahams Grapes Diced Peaches	WG Cinnamon Roll, Egg & Bacon Breakfast Pizza, Fruity Cheerios Cereal & Grahams, <u>or</u> WG Pop-Tart Apples Pineapple Tidbits
2	Sausage Biscuit, Mini Pancakes & syrup, WG Pop-Tart, <u>or</u> Trix Cereal & Grahams Orange Wedges Applesauce	WG Baked Donut, Egg & Bacon Breakfast Pizza, Pillsbury Filled Crescent, <u>or</u> Lucky Charms Cereal & Grahams Banana Mandarin Oranges	Chicken Biscuit, WG Donut Holes, WG Pop-Tart, <u>or</u> Cocoa Puffs Cereal & Grahams Seasonal Fresh Fruit Tropical Fruit	Bacon, Egg & Cheese Biscuit, Pillsbury Filled Crescent, Fruity Yogurt Parfait & Muffin, <u>or</u> Cinn. Toast Crunch Cereal & Grahams Grapes Diced Peaches	Mini Pancake & Sausage Bites, WG Cinnamon Roll, WG Pop-Tart, <u>or</u> Fruity Cheerios Cereal & Grahams Apples Pineapple Tidbits
3	Chicken Biscuit, Cinnamon Apple Breadstick, WG Pop-Tart, <u>or</u> Trix Cereal & Grahams Orange Wedges Applesauce	Ham & Cheese Panini, Mini Blueberry Waffles & syrup, Pillsbury Filled Crescent, <u>or</u> Lucky Charms Cereal & Grahams Banana Mandarin Oranges	Bacon, Egg, & Cheese Biscuit, Mini Pancakes & syrup, Fruit & Yogurt Smoothie & Grahams, <u>or</u> Cocoa Puffs Cereal & Grahams Seasonal Fresh Fruit Tropical Fruit	WG Baked Donut, Fruity Yogurt Parfait & Muffin, Pillsbury Filled Crescent, <u>or</u> Cinnamon Toast Crunch w/ Grahams Grapes Diced Peaches	WG Cinnamon Rolls, Sausage Biscuit, WG Pop-Tart, <u>or</u> Fruity Cheerios Cereal & Grahams Apples Pineapple Tidbits

Low-fat/Fat Free Milk & 100% Juice offered daily at Breakfast. For a meal to be reimbursable, three food items must be chosen with 1/2 cup fruit or juice. Any combination of three food items, including fruit or juice, qualifies as a complete meal.



LUNCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Cheesy Bosco Sticks & Marinara Cup <u>or</u> Dill Chicken Sandwich Roasted Garden Vegetables Variety Baked Chips Cucumber Coins Orange Wedges Applesauce MixMi Frozen Yogurt	ASIAN STATION! Mandarin Orange Chicken <u>or</u> Teriyaki Beef Steamed Brown Rice Veggie Egg Roll with Sweet & Sour Sauce <u>or</u> Buffalo Chicken Pizza Steamed Broccoli Baby Carrots Banana Mandarin Oranges Fortune Cookie	Chicken Strip Basket (Homestyle Chicken Strips, TX Toast, Crinkle Fries & Country Gravy) <u>or</u> BBQ Pulled Pork Sandwich Homestyle Baked Beans Broccoli Slaw Celery Sticks Seasonal Fresh Fruit Tropical Fruit	Philly Beef & Cheese Sandwich on Fr. Roll <u>or</u> Personal Pizza Pepperoni <u>or</u> Cheese Green Beans Broccoli Crowns Baby Carrots Grapes Diced Peaches	Burgers Your Way! WG Bun, Beef Patties, Sliced Cheese, Funyuns, Lettuce & Tomato <u>or</u> Spicy Chicken Sandwich Crinkle Fries Corn Fresh Garden Veggies Apples Pineapple Tidbits WG Carnival Cookie
2	Dill Chicken Sandwich <u>or</u> Mini Corn Dogs Mashed Potatoes Glazed Carrots Variety Baked Chips Cucumber Coins Orange Wedges Applesauce Sidekick Frozen Juice Cup	Taco "Two" sday! Two Soft Flour Tortillas Taco Meat, Sh. Cheese, Salsa, Lettuce, Sour Cream <u>or</u> Buffalo Chicken Pizza Refried Beans Corn Baby Carrots Banana Mandarin Oranges	Chicken & Waffles Tender Chicken Strips over a Crispy Waffle with Syrup <u>or</u> BBQ Pulled Pork Sandwich Macaroni & Cheese Homestyle Baked Beans Celery Sticks Seasonal Fresh Fruit Tropical Fruit	Cheesy Baked Rotini Garlic Breadstick <u>or</u> Fr. Bread Pepperoni <u>or</u> Cheese Pizza California Blend Veggies Broccoli Crowns Grapes Diced Peaches	Sandwich Station! WG Sub Buns, Deli Turkey <u>or</u> Ham, Sliced Cheese, Cucumber, Lettuce & Tomato, Sweet Peppers <u>or</u> Spicy Chicken Sandwich Sweet Potato Waffle Fries Fresh Garden Veggies Apples Baked Kettle Chips Pineapple Tidbits
3	Wild Mike's Cheesy Bites <u>or</u> Dill Chicken Sandwich California Blend Veggies Cucumber Coins Variety Baked Chips Orange Wedges Applesauce Sidekick Frozen Juice Cup	Cafe Italia! Grilled Chicken Strips <u>or</u> Meatballs with Rotini Pasta Alfredo <u>or</u> Marinara Sauce Garlic Breadsticks <u>or</u> Buffalo Chicken Pizza Steamed Broccoli Baby Carrots Banana Mandarin Oranges	Boneless Wing Wednesday! Plain <u>or</u> Buffalo w/ WG Roll <u>or</u> BBQ Pulled Pork Sandwich Oven Roasted Potatoes Homestyle Baked Beans Super Slaw Seasonal Fresh Fruit Tropical Fruit	Loaded Hot Dog Chili Sauce, Shredded Cheese, Diced Onion, Sweet Relish Baked Sun Chips <u>or</u> Big Daddy's Pizza 4 Meat <u>or</u> 4 Cheese Crinkle Fries Baby Carrots Broccoli Crowns Grapes Diced Peaches	South of the Border Burrito Bowls! Spicy Beef <u>or</u> Shredded Chicken, Mexican Rice, Black Beans, Queso Blanco, Sour Cream, Salsa, Ultra Grain Tortilla <u>or</u> Spicy Chicken Sandwich Fresh Garden Veggies Apples Pineapple Tidbits



Entree Salads Offered Daily
Week 1 - Chef Salad
Week 2 - Southwest Chicken Salad
Week 3 - Crispy Chicken Salad

Deli Sandwiches & Side Garden Salads
available daily
Low-fat/Fat Free Milk & 100% Juice
offered daily

