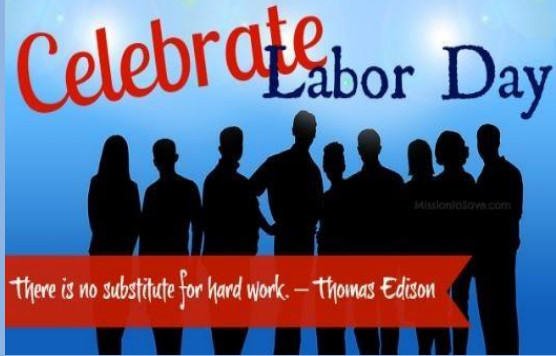


The featured Grab-N-Go for the Month of September are:

- 1st Week- Chicken Breast Salad w/ Dinner Roll
 - 2nd Week- Turkey Ham & Cheese on a WG Sub Roll w/ Carrots
 - 3rd Week- Turkey & Cheese Sub on a whole grain sub roll-w/side salad & a fruit.
 - 4th Week- Assorted Sub on a whole grain sub roll w/ Celery Sticks and a fruit.
- High School Students and Staff will have a choice of the "Soup of the Day" for an additional \$1.50.
Fresh Salad & Fruit Bar offered Daily.



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**Jefferson Preparatory
Lunch Menu for September 2019**

Monday 9/2	Tuesday 9/3	Wednesday 9/4	Thursday 9/5	Friday 9/6
NO SCHOOL 	Chicken Nuggets (A)* WG Roll Cheese Flat Bread (B)* French Fries Seasoned Sweet Peas Chef's Choice Fruit	Jumbo Corndog (A)* P-Nut Butter & Jelly (B) Seasonal Vegetables Glazed Pears	Chicken Patty on a (WG)Bun(A) Veggies with Naan Bread (B)* Cheese Stick Mixed Vegetables Seasoned Fruit	WG Pepperoni Pizza (A)* WG Cheese Pizza (B)* Celery & Carrot Sticks Seasonal Fruit
Monday 9/9	Tuesday 9/10	Wednesday 9/11	Thursday 9/12	Friday 9/13
French Toast Sticks w/ Turkey Sausage (A)* French Toast Sticks w/(B)* Cheese Stick (B) Cook's Choice Veg. Applesauce	Cheeseburger/ Hamburger(A) P-Nut Butter & Jelly (B) French Fries Cinnamon Glazed Peaches	Sliced Turkey & Gravy w/ Brown Rice (A) Brown Rice & Gravy w/ Mixed Vegetables (B) Mixed Vegetables Seasonal Fruit	Grilled Fajita Chicken in a Pita Bread (A) Grilled Cheese Pita (B)* Spanish Rice & Beans Assorted Fruit	No Lunch Served
Monday 9/16	Tuesday 9/17	Wednesday 9/18	Thursday 9/19	Friday 9/20
Sloppy Joe's on a (WG)Bun (A) Vegan Sloppy Joe's on a Bun(A) Steamed Broccoli w/ Cheese(A) Chef's Choice Fruit	Orange Chicken & Rice(A)* Vegetable & Rice in (B)* Orange Sauce Seasonal Vegetables Fruit Cocktail	Beef Tips in Gravy (A)* w/ Mashed Potatoes Grilled Cheese Sandwich (B)* w/ Mashed Potatoes WG Roll Seasonal Fruit	Creamy Chicken & Rice (A)* Rice and Vegetables (B)* W/ Cheese Stick Vegetable Medley Applesauce	No Lunch Served
Monday 9/23	Tuesday 9/24	Wednesday 9/25	Thursday 9/26	Friday 9/27
WG Chicken & Waffles (A)* WG Waffles (B)* Cheese Stick Glazed Carrots Seasonal Fruit	Meatballs in Marinara Sauce(A) Toasted Garlic Bread Vegan Meatless Meatballs(B)* Toasted Garlic Bread Green Beans Seasonal Fruit	Chicken Bowl w/ (A)* Mashed Potatoes & Gravy Mashed Potatoes & Gravy(B) w/ Cheese Corn/ WG Dinner Roll Peaches	WG Pepperoni Pizza (A)* WG Cheese Pizza (B)* Celery Sticks Seasonal Fruit	No Lunch Served
Monday 9/30				
WG Pancake & Sausage on a Stick (A) * Pancakes & Syrup (B) String Cheese Green Beans Pears				

- * WG- Whole Grain
- * Meat Entrée- (A)
- * Vegetarian Entrée- (B)

Students lunch price is \$3.25, Reduced priced entree for students is \$.40 cents and Adult entree is \$3.95. A entree includes your choice of a 'Entree' with a side salad, a Grab-n-Go Combo, or a Soup and Salad Combo. Soup A-La- Carte is \$1.50.

Your family may qualify for Free or Reduced priced meals. Applications are available in all the front lobbies . If you have any questions regarding the Food Service Program, you may contact Ms. Donna Maddox, Food Service Manager at (602) 938-5517 ext. 105 or email at dmaddox@choiceacademies.org.