



MORRIS JEFF COMMUNITY SCHOOL

Morris Jeff High School Lunch Menu



September 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1 September 2 - 6	2 Labor Day No School	3 Chicken Alfredo Pasta Bean & Cheese Nachos (V) Crispy Chicken Sandwich Caesar Salad Green Peas Fresh Fruit Assorted Milk	4 Sweet & Sour Chicken Grilled Chicken Sandwich Chicken Salad Wrap Veggie Wrap (V) Fried Rice Broccoli Carrots Fresh Fruit Assorted Milk	5 Cheese Enchiladas Cheese Pizza (V) Chicken Salad Wrap Lettuce & Tomato Refried Beans Mexican Rice Fresh Fruit Assorted Milk	6 Chicken & Gravy Dinner Roll Cheeseburger Chef Salad Green Beans Sweet Potatoes Fresh Fruit Assorted Milk	
WEEK 2 September 9 - 13	9 Chicken Jambalaya Cheeseburger Pizza Kit (V) White Beans Mixed Vegetables Fresh Fruit Assorted Milk	10 French Bread Cheese Pizza Crispy Chicken Sandwich Vegetable Lasagna (V) Zucchini French Fries Fresh Fruit Assorted Milk	11 Spaghetti & Meatballs Cheese Pizza (V) Grilled Cheese Romaine Side Salad Green Beans Fresh Fruit Assorted Milk	12 Shepherd's Pie Grilled Chicken Sandwich Ham & Cheese on a Bun Dinner Roll Peas & Carrots Fresh Fruit Assorted Milk	13 Grilled Cheese Cheeseburger Turkey & Cheese Wrap Tomato Basil Soup Tater Tots Fresh Fruit Assorted Milk	
WEEK 3 September 16 - 20	16 Shrimp Gumbo with Rice Cheeseburger Yogurt Pack (V) Potato Salad Okra & Tomato Fresh Fruit Assorted Milk	17 BBQ Chicken Turkey Taco Kit Veggie Burger (V) Cheesy Broccoli & Rice Carrots Fresh Fruit Assorted Milk	18 Salisbury Steak Dinner Roll Cheese Pizza (V) Chef Salad Sweet Potatoes Roasted Cauliflower Fresh Fruit Assorted Milk	19 Sloppy Joes Grilled Chicken Sandwich Fiesta Black Beans & Rice (V) Chicken Bacon Wrap French Fries Baked Beans Fresh Fruit Assorted Milk	20 Chicken Parmesan Spaghetti Cheeseburger Sunbutter & Jam Sammy (V) Romaine Salad Yellow Squash Fresh Fruit Assorted Milk	
WEEK 4 September 23 - 27	23 Chicken Etouffee & Rice Cheeseburger Veggie Burger (V) Ham, Cheese & Cracker Kit Creamed Spinach Roasted Mushrooms Fresh Fruit Assorted Milk	24 French Bread Pepperoni Pizza Cheesy Pasta (V) Crispy Chicken Sandwich Yogurt Pack (V) Broccoli Florets Tater Tots Fresh Fruit Assorted Milk	25 BBQ Pork Chop Cheese Pizza (V) Chef Salad Garden Salad (V) Mac & Cheese Baked Beans Sweet Potato Fresh Fruit Assorted Milk	26 Turkey Noodle Casserole Grilled Chicken Sandwich Veggie Wrap (V) Peas Carrots Fresh Fruit Assorted Milk	27 Chicken & Waffles Cheeseburger Turkey Bagel Sandwich Egg Bagel Sandwich (V) Hash browns Turnip Greens Fresh Fruit Assorted Milk	
Week 5 September 30	30 Red Beans & Rice Cheeseburger Yogurt Pack (V) Turnip Greens Corn Cobette Fresh Fruit & assorted Milk					