

OCTOBER | 2025

JEFFERS HIGH SCHOOL LUNCH MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29	30	1 Pizza Casserole Green Beans Garlic Stix Fruit & Milk	2 Homemade Mac & Cheese Calif. Blend Veggies Roll Fruit & Milk	3 Chicken Wraps Veggies Chips Fruit & Milk
6 Chicken Quesadilla Corn Tortilla Chips Fruit & Milk	7 Chef Salad Cheesy Breadsticks Marinara Fruit & Milk	8 Philly Beef Subs Veggies Onion Rings Fruit & Milk	9 Nacho Supreme Bread Refried Beans Fruit & Milk	10 No School Teacher Inservice
13 Chicken Drumstick Mashed Potatoes Gravy, Corn Roll Fruit & Milk	14 Hamburgers w/Bun Baked Beans Fries Fruit & Milk	15 Chicken Alfredo Veggies Roll Fruit & Milk	16 Taco's w/Trims Mexican Rice Corn Fruit & Milk	17 Calzones Seasoned Potatoes Veggies Fruit & Milk
20 Chicken Pattie w/Bun Baked Beans Tator Tots Fruit & Milk	21 Chef Salad Cheesy Breadsticks Marinara Fruit & Milk	22 Lasagna Green Beans Garlic Stix Fruit & Milk	23 Beef Tips & Noodles Calif. Blend Veggies Roll Fruit & Milk	24 Fr. Bread Pizza Marinara Veggies Pudding Fruit & Milk
27 Orange Chicken over Rice Veggies Roll, Fortune Cookie Fruit & Milk	28 Hot Beef Sandwich Mashed Potatoes Gravy, Corn Fruit & Milk	29 Big Mac Casserole Veggies Roll Fruit & Milk	30 Pancakes Sausage Hashbrowns Fruit & Milk	31 Homemade Pizza Tossed Salad Jello Fruit & Milk

News

October 4th-
5k walk/run &
Community Dinner

October 10th- No School
Teacher Inservice