

OCTOBER 2026

Jeffers High School Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Chicken Wraps
Tater Tots
Veggies
Fruit
Milk

2 French bread Pizza
Marinara Sauce
Pudding
Fruit
Milk

5 Hamburger w/bun &
cheese
Fries
Baked Beans
Fruit & Milk

6 Chicken Quesadilla
Tortilla Chips
Veggies
Fruit
Milk

7 Pizza Casserole
Green Beans
Garlic Stick
Fruit
Milk

8 Pancakes
Sausage
Hash Browns
Fruit
Milk

9

No School

12 Cheesy Broccoli &
Bacon Soup
Pretzel Stick
Veggies
Fruit & Milk

13 Chef Salad
Cheesy Bread Sticks
Marinara Sauce
Fruit
Milk

14 Chicken Stir Fry
Roll
Fruit
Milk

15 Ham & Swiss Melt
Chips
Veggies
Fruit
Milk

16 Popcorn Chicken
Mashed Potatoes
Veggies
Graham Bites
Fruit & Milk

19 Chicken Patties
Seasoned Potatoes
Baked Beans
Fruit
Milk

20 BLT'S
Chips
Fruit
Milk

21 Chicken Pot Pie
Veggies
Fruit
Milk

22 Tacos
Mexican Rice
Veggies
Fruit
Milk

23 Ham & Cheese
Bagels
Corn Chips
Broccoli Salad
Fruit & Milk

26 Orange Chicken
w/Rice
Roll
Veggies
Fruit & Milk

27 Biscuits & Gravy
Scram Eggs
Hash Browns
Fruit
Milk

28 Pulled Pork
Mac & Cheese
Coleslaw
Fruit
Milk

29 Chicken ala King
Rice/Biscuit
Peas
Fruit
Milk

30 Homemade Pizza
Toss salad
Jello
Fruit
Milk

News

October 9th
No School teacher
inservice