**September 2020**

**Jefferson Parish Schools – Face-to-Face Learning**

**MENU IS SUBJECT TO CHANGE**

<table>
<thead>
<tr>
<th>Grades K-12</th>
<th>Milk Daily; 9-12</th>
<th>Juice Daily</th>
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### Monday
- Turkey/Ham PoBoy
- Potato Salad
- Lettuce/Pickle Cup
- Chilled Peaches

### Tuesday
- Mandarin Chicken
- Brown Rice
- Manager’s Choice of Legume
- Seasoned Green Beans
- Fresh Apple

### Wednesday
- Corn Dog Nuggets
- Baked Sweet Potato Fries
- Chilled Pineapple

### Thursday
- Hamburger/Cheese on Whole Grain Bun
- Baked Sweet Potato Fries
- Chilled Mixed Fruit

### Friday
- Tortilla Chips
- Cheese Cup
- Fresh Carrot and Broccoli Cup
- Fresh Orange

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**Labor Day Holiday**

**White Beans & Brown Rice**
- Seasoned Broccoli and Carrots
- Chilled Mixed Fruit

**Grilled Cheese on Whole Grain Bread**
- Dark Green Salad
- Manager’s Choice of Starchy Vegetable
- Fresh Apple

**Red Beans & Brown Rice**
- Seasoned Broccoli and Carrots
- Chilled Mixed Fruit

**Grilled Cheese on Whole Grain Bread**
- Dark Green Salad
- Manager’s Choice of Starchy Vegetable
- Fresh Apple

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**Nutrition Tip:** With September being Whole Grains month, try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate