

# JEFFERSON COUNTY SCHOOL DISTRICT 509-J

## BREAKFAST MENU

*Early Head Start and Pre-Kindergarten*

# OCTOBER 2026

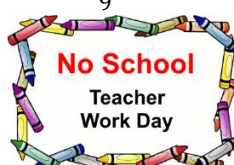
| MONDAY                                                                                   | TUESDAY                                                                                             | WEDNESDAY                                                                              | THURSDAY                                                          | FRIDAY                                                                                   |
|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|-------------------------------------------------------------------|------------------------------------------------------------------------------------------|
|         | <b>Breakfast</b><br>Child Visitor Breakfast \$3.25<br>Adult Breakfast: \$4.00<br>Adult Milk: \$1.25 | This institution is an equal<br>opportunity provider.<br><b>MENU SUBJECT TO CHANGE</b> | 1<br>Scooby Crackers & String Cheese<br>100% Fruit Juice<br>Milk  | 2<br>Mini Maple Waffle<br>100% Fruit Juice<br>Milk                                       |
| 5<br>Super Cinnamon Bun<br>100% Fruit Juice<br>Milk                                      | 6<br>Cereal Cheerios Bowl Pack<br>100% Fruit Juice<br>Milk                                          | 7<br>Pancake w/Sugar Free Syrup<br>100% Fruit Juice<br>Milk                            | 8<br>Scooby Crackers & String Cheese<br>100% Fruit Juice<br>Milk  | 9<br> |
| 12<br>Oat Chocolate Chip<br>100% Fruit Juice<br>Milk                                     | 13<br>Cereal Cheerios Bowl Pack<br>100% Fruit Juice<br>Milk                                         | 14<br>French Toast Sticks<br>100% Fruit Juice<br>Milk                                  | 15<br>Scooby Crackers & String Cheese<br>100% Fruit Juice<br>Milk | 16<br>Mini Maple Waffle<br>100% Fruit Juice<br>Milk                                      |
| 19<br>Super Cinnamon Bun<br>100% Fruit Juice<br>Milk                                     | 20<br>Cereal Cheerio Bowl Pack<br>100% Fruit Juice<br>Milk                                          | 21<br>Pancake w/Sugar Free Syrup<br>100% Fruit Juice<br>Milk                           | 22<br>Scooby Crackers & String Cheese<br>100% Fruit Juice<br>Milk | 23<br>Mini Maple Waffle<br>100% Fruit Juice<br>Milk                                      |
| 26<br> | 27<br>Cereal Cheerios Bowl Pack<br>100% Fruit Juice<br>Milk                                         | 28<br>French Toast Sticks<br>100% Fruit Juice<br>Milk                                  | 29<br>Scooby Crackers & String Cheese<br>100% Fruit Juice<br>Milk | 30<br>Mini Maple Waffle<br>100% Fruit Juice<br>Milk                                      |

# JEFFERSON COUNTY SCHOOL DISTRICT 509-J

## LUNCH MENU

### Early Head Start and Pre-Kindergarten

# OCTOBER 2026

| MONDAY                                                                                                                                                                                   | TUESDAY                                                                                                                                                    | WEDNESDAY                                                                                | THURSDAY                                                                                                                                            | FRIDAY                                                                                   |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
|                                                                                                          | <b>Lunch</b><br>Child Visitor Lunch: \$5.00<br>Adult Lunch: \$5.50<br>Adult Milk: \$1.25                                                                   | This institution is an equal opportunity provider.<br><br><b>MENU SUBJECT TO CHANGE!</b> | 1<br><b>(EHS)</b> 1-Chicken Tenders<br>Potato Wedges – Peach Cup<br>Milk<br><br><b>(Pre-K)</b> 2-Chicken Tenders<br>Potato Wedges– Peach Cup - Milk | 2<br>½ Ham & Cheese Sandwich<br>Pork N' Beans<br>Applesauce Cup<br>Milk                  |
| 5<br>Jelly Sandwich<br>Carrots – Apple Slices – Milk<br><br><b>(Pre-K)</b> Sunbutter & Jelly Sandwich<br><b>String Cheese</b> – Carrots<br>Apple Slices – Milk                           | 6<br>Grilled Cheese Sandwich<br>Cucumber Slices<br>Strawberries<br>Milk                                                                                    | 7<br>½ Turkey & Cheese Sandwich<br>Broccoli w/Dip Cup<br>Pear Cup<br>Milk                | 8<br>Hamburger<br>Baked Oven Fries<br>Peach Cup<br>Milk                                                                                             | 9<br> |
| 12<br><b>(EHS)</b> Sunbutter & Jelly Sandwich<br>Carrots – Apple Slices – Milk<br><br><b>(Pre-K)</b> Sunbutter & Jelly Sandwich<br><b>String Cheese</b> – Carrots<br>Apple Slices – Milk | 13<br>Grilled Cheese Sandwich<br>Cucumber Slices<br>Strawberries<br>Milk                                                                                   | 14<br>Macaroni & Cheese<br>Broccoli w/Dip Cup<br>Pear Cup<br>Milk                        | 15<br>Cheese Pizza<br>Cooked Carrots<br>Peach Cup<br>Milk                                                                                           | 16<br>½ Ham & Cheese Sandwich<br>Pork N' Beans<br>Applesauce Cup<br>Milk                 |
| 19<br><b>(EHS)</b> Sunbutter & Jelly Sandwich<br>Carrots – Apple Slices – Milk<br><br><b>(Pre-K)</b> Sunbutter & Jelly Sandwich<br><b>String Cheese</b> – Carrots<br>Apple Slices – Milk | 20<br><b>(EHS)</b> 1-Chicken Tenders<br>Mashed Potatoes – Peach Cup<br>Milk<br><br><b>(Pre-K)</b> 2-Chicken Tenders<br>Mashed Potatoes – Peach Cup<br>Milk | 21<br>Grilled Cheese Sandwich<br>Cucumber Slices<br>Strawberries<br>Milk                 | 22<br>Cheese Pizza<br>Cooked Carrots<br>Peach Cup<br>Milk                                                                                           | 23<br>½ Ham & Cheese Sandwich<br>Pork N' Beans<br>Applesauce Cup<br>Milk                 |
| 26<br>                                                                                                 | 27<br>Grilled Cheese Sandwich<br>Cucumber Slices<br>Strawberries<br>Milk                                                                                   | 28<br>½ Turkey & Cheese Sandwich<br>Broccoli w/Dip Cup<br>Pear Cup<br>Milk               | 29<br>Hamburger<br>Baked Oven Fries<br>Peach Cup<br>Milk                                                                                            | 30<br>Cooks Choice                                                                       |