

# Thomas Jefferson High School

# October

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Chicken Alfredo Green beans Garlic Bread Fresh Fruit</p> <p><i>Alternate Entrée</i> Beef Steak / Gravy</p>	<p>2</p> <p>Cheese Dippers w/ Marinara Sauce Green Beans Fresh Fruit</p> <p><i>Alternate Entrée</i> Chicken Sandwich</p>	<p>3</p> <p>Burrito Spanish Rice Black Beans Fresh Fruit</p> <p><i>Alternate Entrée</i> Nacho's w/Cheese</p>	<p>4</p> <p>General Tso's Chicken Rice Broccoli Fresh Fruit</p> <p><i>Alternate Entrée</i> Chicken and Gravy</p>	<p>5</p> <p>Hamburgers Lettuce and Tomato French Fries Fresh Fruit</p> <p><i>Alternate Entrée</i> Hotdog</p>
<p>8</p> <p>Chicken Pie Garden Salad Fresh Fruit</p> <p><i>Alternate Entrée</i> Chicken Sandwich</p>	<p>9</p> <p>Hamburgers Lettuce and Tomato French Fries Fresh Fruit</p> <p><i>Alternate Entrée</i> Hotdog</p>	<p>10</p> <p>Ham Mac and Cheese Green Beans Dinner Roll Fresh Fruit</p> <p><i>Alternate Entrée</i> Pop Corn Chicken</p>	<p>11</p> <p>Taco Bar Spanish Rice Corn Fresh Fruit</p> <p><i>Alternate Entrée</i> Nacho's and Cheese</p>	<p>12</p> <p>Spaghetti w/ Meat Sauce Garden Salad Fresh Fruit</p> <p><i>Alternate Entrée</i> Cheese Pizza</p>
<p>15</p> <p>Sloppy Joe Baked Beans Sweet Carrots Fresh Fruit</p> <p><i>Alternate Entrée</i> Corndogs</p>	<p>16</p> <p>Burrito Spanish Rice Black Beans Fresh Fruit</p> <p><i>Alternate Entrée</i> Nacho's w/Cheese</p>	<p>17</p> <p>Orange Chicken w/Rice Garden Salad Fresh Fruit</p> <p><i>Alternate Entrée</i> BBQ Rib</p>	<p>18</p> <p>Early Release</p>	<p>19</p> <p>No School</p>
<p>22</p> <p>Spaghetti w/ Meat Sauce Garden Salad Fresh Fruit</p> <p><i>Alternate Entrée</i> Cheese Pizza</p>	<p>23</p> <p>Burrito Spanish Rice Black Beans Fresh Fruit</p> <p><i>Alternate Entrée</i> Nacho's w/Cheese</p>	<p>24</p> <p>Chicken Pie Garden Salad Fresh Fruit</p> <p><i>Alternate Entrée</i> Chicken Sandwich</p>	<p>25</p> <p>Hamburgers Lettuce and Tomato French Fries Fresh Fruit</p> <p><i>Alternate Entrée</i> Hotdog</p>	<p>26</p> <p>Chicken Alfredo Green beans Garlic Bread Fresh Fruit</p> <p><i>Alternate Entrée</i> Beef Steak w/Gravy</p>
<p>29</p> <p>Taco Bar Spanish Rice Corn Fresh Fruit</p> <p><i>Alternate Entrée</i> Nacho's and Cheese</p>	<p>30</p> <p>Ham Mac and Cheese Green Beans Dinner Roll Fresh Fruit</p> <p><i>Alternate Entrée</i> Pop Corn Chicken</p>	<p>31</p> <p>Sloppy Joe Tater Tots Baked Beans Fresh Fruit</p> <p><i>Alternate Entrée</i> Pizza</p>		

