




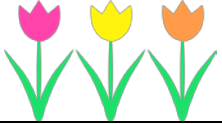
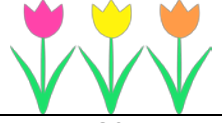
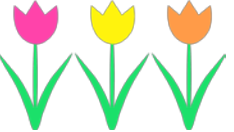



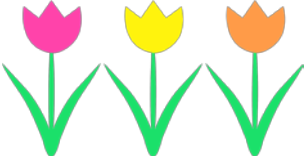










JEFFERSON COUNTY SCHOOL DISTRICT 509-J
AFTER SCHOOL AT-RISK PROGRAM MENU

Jefferson County Middle School

March 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>"All milk served is 1% & Non-fat unflavored milk for participants ages 5-13". "Milk for participants ages 14-18 includes Non-fat chocolate milk".</p> 	<p>This institution is an equal opportunity provider.</p> 	<p>"All grains served are whole grain - rich"</p> 	<p>MENU SUBJECT TO CHANGE!</p> 	
<p align="center">2 Hamburger Baked Oven Fries Banana</p>	<p align="center">3 Chickenwich Potato Smiles Apple</p>	<p align="center">4 Chicken Strips & Dutch Waffle <i>Served with Sugar Free Syrup</i> Tater Tots - Blueberries</p>	<p align="center">5 Orange Chicken Cornbread Muffin Garden Salad <i>Served with Ranch</i> Applesauce Cup</p>	<p align="center">6 </p>
<p align="center">9 Chicken & Cheese Quesadilla Potato Smiles Banana</p>	<p align="center">10 Grilled Cheese Sandwich Carrot & Celery Sticks Apple</p>	<p align="center">11 BBQ Rib Sandwich Baked Oven Fries Diced Peach Cup</p>	<p align="center">12 Bean and Cheddar Burrito Tater Tots Blueberries</p>	<p align="center">13 </p>
<p align="center">16 </p> <p align="center">Hamburger Baked Oven Fries Banana</p>	<p align="center">17  Baked Chicken Drumstick Cornbread Muffin Garden Salad <i>Served with Ranch</i> Diced Strawberries</p>	<p align="center">18 </p> <p align="center">Chicken Strips & Dutch Waffle <i>Served with Sugar Free Syrup</i> Tater Tots - Blueberries</p>	<p align="center">19  Pepperoni Pizza Garden Salad <i>Served with Ranch</i> Diced Peach Cup</p>	<p align="center">20 </p>
<p align="center">23 </p>	<p align="center">24 </p>	<p align="center">25 </p>	<p align="center">26 </p>	<p align="center">27 </p>
<p align="center">30 Chicken & Cheese Quesadilla Garden Salad <i>Served with Ranch</i> Apple</p>	<p align="center">31 Baked Chicken Drumstick Cornbread Muffin Garden Salad <i>Served with Ranch</i> Diced Strawberries</p>	<p align="center"></p>	<p align="center"></p>	<p align="center"></p>