

September 2019

Jackson County Central Middle School

BREAKFAST



School Information:

Just \$1.00 for Paid Students
Free for Free and Reduced Students.
Many Options to choose from Daily!



Nutrition Tip: September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

Reference: USDA MyPlate



Monday

Tuesday

Wednesday

Thursday

Friday

LABOR DAY

2

Welcome Back!

3

French Toast Sticks
Fruit Variety
Milk

Cereal Bar Variety
with String Cheese
Fruit Variety
Milk

4

Breakfast Bread Variety
With String Cheese
Fruit Variety
Milk

5

Breakfast Variety
Fruit Variety
Milk

6

Oatmeal Bar
With String Cheese
Fruit Variety
Milk

9

Pancake Variety
Fruit Variety
Milk

10

Breakfast Bar Variety
With Yogurt
Fruit Variety
Milk

11

Breakfast Pizza
Fruit Variety
Milk

12

Breakfast Variety
Fruit Variety
Milk

13

Breakfast Bosco Stick
Fruit Variety
Milk

16

Cinnamon Roll
with String Cheese
Fruit Variety
Milk

17

Graham Variety
With Yogurt
Fruit Variety
Milk

18

Fruit Strudel
Fruit Variety
Milk

19

Breakfast Variety
Fruit Variety
Milk

20

Oatmeal Breakfast
Round
Fruit Variety
Milk

23

Muffin Variety
With String Cheese
Fruit Variety
Milk

24

Cereal Bar Variety
with Yogurt
Fruit Variety
Milk

25

Breakfast Bread
Variety
with String Cheese
Fruit Variety
Milk

26

Breakfast Variety
Fruit Variety
Milk

27

Cold Cereal Variety
With Yogurt
Fruit Variety
Milk

30

