

September 2019

Jackson County Central High School

LUNCH



School Information:

Welcome Back! We're so glad to see you!
Additional Entrées available every day.
Garden Bar Variety available daily.



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



Monday

LABOR DAY

2

NO SCHOOL

Tuesday

Deep Dish Pizza Variety
Cooked Broccoli
Romaine Caesar Salad
w/ Cherry Tomatoes
Chilled Peaches, Banana
Milk

3

Wednesday

Hamburger on a Bun
Baked Beans
Creamy Coleslaw
Chilled Pears
Orange Wedges
Milk

4

Thursday

Beef & Cheese Walking
Or Softshell Tacos
Taco Toppings, Red Peppers
Spanish Rice, Refried Beans
Chilled Pineapple, Cantaloupe
Milk

5

Friday

Spicy or Regular
Chicken Tenders w/
Breadstick, Baked Beans
Creamy Coleslaw
Fruit Variety
Milk

6

Hot Dog on a Bun or Sloppy Joe
Baked Beans
Cucumber slices
Chilled Peaches
Banana
Milk

9

Chicken Alfredo Pasta or
Pasta w/ Meat Sauce
Breadstick, Roasted Broccoli,
Romaine Caesar Salad
Chilled Pears, Orange Wedges
Milk

10

French Toast Sticks with Sausage
Link or Pancake & Sausage Bites
Tri Taters, Baby Carrots
100% Fruit Juice
Apple Wedges
Milk

11

Spicy* General Tso's
Chicken or Chicken Egg
Rolls, "Fried" Rice
Whole Kernel Corn, Red Peppers
Chilled Pineapple, Red Grapes
Milk

12

Hot Turkey & Cheese
Panini or Deli Ham &
Cheese on a Pretzel Bun
Sweet Potato Fries
Broccoli Raisin Salad
Fruit Variety, Milk

13

Crispy Pork Sandwich or Grilled
Teriyaki Chicken Sandwich
Sweet Potato Fries
Cucumber Slices
Chilled Peaches, Banana
Milk

16

Pepperoni or French Bread Pizza
Roasted Broccoli
Romaine Caesar Salad
w/ Tomatoes
Chilled Pears, Apple Wedges
Milk

17

Corn Dogs or BBQ Rib Sandwich
Green Beans
Baby Carrots
Chilled Fruit Cocktail
Grapes & Yogurt
Milk

18

Boneless or Bone-In Chicken
Wings w/ Dipping Sauces
Breadstick, French Fries
Celery Sticks, Chilled
Applesauce, Orange Wedges
Milk

19

Breaded Pork Sandwich or
Shrimp Poppers with Dinner Roll
Baked Beans
Broccoli Raisin Salad
Fruit Variety
Milk

20

Quesadilla Variety
Whole Kernel Corn
Red Pepper Strips
Chilled Pineapple
Banana
Milk

23

Build Your Own Sub Sandwich
Turkey, Ham & Cheese
Sweet Potato Fries
Cucumber Slices
Chilled Peaches, Apple Wedges
Milk

24

Original or Spicy Breaded
Chicken Sandwich
Roasted Broccoli,
Spinach & Blueberry Salad
Chilled Pears, Orange Wedges
Milk

25

Build Your Own Beef &
Cheese Nacho Bar or
Chicken Fajitas, Fajita Blend
Vegetables, Refried Beans,
Spanish Rice, Mandarin Oranges
100% Fruit Juice, Milk

26

Stuffed Crust Pizza
Romaine Caesar Salad with
Cherry Tomatoes
Roasted Vegetable Blend
Fruit Variety
Milk

27

Tater Tot Hotdish or
Chicken Tenders
Sweet Potato Fries
Cucumber Slices
Chilled Peaches, Banana
Milk

30



This institution is an equal opportunity provider. Menus are subject to change.

