

OCTOBER 2019

Jackson County Central Elementary Schools

Fresh Garden Bar
available daily.

LUNCH MENU

Monday

Tuesday

Wednesday

Thursday

Friday

Pizza Variety **1**
Cooked Broccoli
Romaine Caesar Salad with
Cherry Tomatoes
Chilled Peaches
Apple Wedges
Milk

Hamburger **2**
French Fries
Creamy Coleslaw
Chilled Pears
Orange Wedges
Milk

Beef & Cheese Softshell Tacos **3**
Taco Toppings, Red Peppers
Spanish Rice
Fiesta Beans
Chilled Pineapple
Craisins
Milk

Chicken Tenders with
Garlic Toast **4**
Roasted Vegetable Blend
Baby Carrots
Fruit Variety
Milk

Hot Dog on a Bun **7**
Baked Beans
Cucumber Slices
Chilled Mixed Fruit
Chilled Applesauce
Milk

Chicken Alfredo Pasta **8**
With Garlic Toast
Roasted Broccoli
Romaine Caesar Salad
with Cherry Tomatoes
Chilled Peaches
Apple Wedges
Milk

Pancake & Sausage Bites **9**
Cheesy Hashbrown Potatoes
Baby Carrots
100% Fruit Juice
Orange Wedges
Milk

Mandarin Orange Chicken **10**
"Fried" Rice
Stir Fry Vegetables
Red Peppers
Chilled Pineapple
Chilled Mandarin Oranges
Milk

Deli Ham & Cheese **11**
on a Pretzel Bun
Sweet Potato Fries
Broccoli Raisin Salad
Fruit Variety
Milk

Crispy Pork Sandwich **14**
Spinach & Blueberry Salad
Baby Carrots
Chilled Mixed Fruit
Chilled Applesauce
Milk

French Bread Pizza with **15**
Marinara Sauce
Roasted Broccoli
Romaine Caesar Salad with Tomatoes
Chilled Peaches
Apple Wedges
Milk

Corn Dogs or **16**
Baked Beans
Creamy Coleslaw
Chilled Pears
Orange Wedges
Milk

17
MEA
NO SCHOOL

18
MEA
NO SCHOOL

Cheese Quesadilla **21**
Red Peppers
Spanish Rice
Cheesy Refried Beans
Chilled Mixed Fruit
Chilled Applesauce
Milk

Chicken Strips with Garlic Toast **22**
Sweet Potato Fries
Cucumber Slices
Chilled Peaches
Apple Wedges
Milk

Sloppy Joe Sandwich **23**
Cooked Green Beans
Creamy Coleslaw
Chilled Pears
Orange Wedges
Milk

BBQ Rib Sandwich **24**
Roasted Vegetable Blend
Celery Sticks
Chilled Pineapple
Red Grapes & Yogurt
Milk

Stuffed Crust Pizza Variety **25**
Whole Kernel Corn
Romaine Caesar Salad with
Cherry Tomatoes
Fruit Variety
Milk

Teriyaki Chicken Dippers with **28**
Seasoned Brown Rice
Stir Fry Veggies
Spinach & Blueberry Salad
Chilled Mixed Fruit
Chilled Applesauce
Milk

Bosco Stick with **29**
Marinara Sauce
Roasted Broccoli
Spinach & Blueberry Salad
Chilled Peaches
Apple Wedges
Milk

Grilled Chicken Sandwich **30**
French Fries
Creamy Coleslaw
Chilled Pears
Orange Wedges
Milk

Chicken Nuggets with Dinner Roll **31**
Seasoned Peas
Celery Sticks
Chilled Pineapple
Chilled Mandarin Oranges
Milk



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

