

OCTOBER 2019

Jackson County Central Middle School

Fresh Garden Bar
available daily.

LUNCH MENU

Monday

Tuesday

Wednesday

Thursday

Friday

Hot Dog on a Bun or
Sloppy Joe on a Bun
Baked Beans
Cucumber Slices
Chilled Mixed Fruit
Chilled Applesauce
Milk

7

Chicken Alfredo Pasta or
Pasta with Meat Sauce with
Garlic Toast, Roasted Broccoli
Romaine Caesar Salad
with Cherry Tomatoes
Chilled Peaches
Apple Wedges
Milk

8

Pancake & Sausage Bites or
French Toast Sticks & Sausage
Tri Taters
Baby Carrots
100% Fruit Juice
Orange Wedges
Milk

9

General Tso's Chicken or
Mandarin Orange Chicken
"Fried" Rice
Stir Fry Vegetables
Red Peppers
Chilled Pineapple
Chilled Mandarin Oranges
Milk

10

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

11

Crispy Pork Sandwich or
Teriyaki Chicken Sandwich
Whole Kernel Corn
Spinach & Blueberry Salad
Chilled Mixed Fruit
Chilled Applesauce
Milk

14

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

15

Corn Dogs or
BBQ Rib Sandwich
Baked Beans
Creamy Coleslaw
Chilled Pears
Orange Wedges
Milk

16

MEA
NO SCHOOL

17

MEA
NO SCHOOL

18

Cheese Quesadilla or
Build Your Own Nacho Bar
Taco Toppings, Whole Kernel Corn
Red Peppers, Spanish Rice
Cheesy Refried Beans
Chilled Mixed Fruit
Chilled Applesauce
Milk

21

Build Your Own Sub Sandwich or
Chicken Nuggets with Garlic Toast
Sweet Potato Fries
Cucumber Slices
Chilled Peaches
Apple Wedges
Milk

22

Original or Spicy
Breaded Chicken Sandwich
Roasted Broccoli
Creamy Coleslaw
Chilled Pears
Orange Wedges
Milk

23

Boneless or Bone-in
Chicken Wings with
Dipping Sauces, Breadstick
Roasted Vegetable Blend
Celery Sticks
Chilled Pineapple
Chilled Mandarin Oranges
Milk

24

Stuffed Crust Pizza Variety
Seasoned Peas
Romaine Caesar Salad with
Cherry Tomatoes
Fruit Variety
Milk

25

Tater Tot Hotdish or
Chicken Tenders with Breadstick
Sweet Potato Fries
Spinach & Blueberry Salad
Chilled Mixed Fruit
Chilled Applesauce
Milk

28

Mozzarella Cheese Sticks or
Bosco Stick with
Marinara Sauce, Roasted Broccoli
Baby Carrots
Chilled Peaches
Apple Wedges
Milk

29

Cheeseburger or
Grilled Chicken Sandwich on a Bun
French Fries
Creamy Coleslaw
Chilled Pears
Orange Wedges
Milk

30

Beef & Cheese Walking Tacos
Or Softshell Tacos
Taco Toppings, Red Peppers
Spanish Rice, Fiesta Beans
Chilled Pineapple
Chilled Mandarin Oranges
Milk

31



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

