

# OCTOBER 2019

Jackson County Central VPK & Head Start

Lunch is served with  
¼ cup of vegetable and  
¼ cup of fruit daily

## LUNCH MENU

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Pizza Variety **1**  
Cooked Broccoli  
Chilled Peaches  
Milk

Hamburger on a bun **2**  
French Fries  
Chilled Pears  
Milk

Beef & Cheese **3**  
Softshell Tacos  
Spanish Rice  
Fiesta Beans  
Chilled Pineapple  
Milk

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

Hot Dog on a Bun **7**  
Baked Beans  
Chilled Applesauce  
Milk

Chicken Alfredo Pasta **8**  
With Garlic Toast  
Romaine Caesar Salad  
Apple Wedges  
Milk

Pancake & Sausage Bites **9**  
Cheesy Hashbrown Potatoes  
Orange Wedges  
Milk

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

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

Crispy Pork Sandwich **14**  
Baby Carrots  
Chilled Mixed Fruit  
Milk

French Bread Pizza with **15**  
Marinara Sauce  
Romaine Caesar Salad  
Chilled Peaches  
Milk

Corn Dog **16**  
Creamy Coleslaw  
Chilled Pears  
Milk

**17**  
MEA  
NO SCHOOL

**18**  
MEA  
NO SCHOOL

Cheese Quesadilla **21**  
Cheesy Refried Beans  
Chilled Applesauce  
Milk

Chicken Strips with **22**  
Garlic Toast  
Sweet Potato Fries  
Apple Wedges  
Milk

Sloppy Joe Sandwich **23**  
Cooked Green Beans  
Orange Wedges  
Milk

BBQ Rib Sandwich **24**  
Roasted Vegetable Blend  
Chilled Pineapple  
Milk

Stuffed Crust Pizza Variety **25**  
Whole Kernel Corn  
Fruit Variety  
Milk

Teriyaki Chicken Dippers **26**  
with Seasoned Brown Rice  
Stir Fry Veggies  
Chilled Mixed Fruit  
Milk

Bosco Stick with **29**  
Cheese Stick  
Marinara Sauce  
Roasted Broccoli  
Chilled Peaches  
Milk

Grilled Chicken Sandwich **30**  
French Fries  
Chilled Pears  
Milk

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



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

