

OCTOBER 2019

Jackson County Central High 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

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

Hamburger or Grilled Chicken Sandwich
French Fries
Creamy Coleslaw
Chilled Pears
Orange Wedges
Milk

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

Spicy or Regular Chicken Tenders with Garlic Toast
Roasted Vegetable Blend
Baby Carrots
Fruit Variety
Milk

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

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

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

General Tso's Chicken, Mandarin Orange Chicken or Chicken Egg Rolls
"Fried" Rice
Stir Fry Vegetables
Red Peppers
Chilled Pineapple
Red Grapes
Milk

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

Crispy Pork Sandwich or Teriyaki Chicken Sandwich
Seasoned Peas
Spinach & Blueberry Salad
Chilled Mixed Fruit
Chilled Applesauce
Milk

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

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

MEA
NO SCHOOL

MEA
NO SCHOOL

Chicken or 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

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

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

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

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

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

Mozzarella Cheese Sticks or Chicken Parmesan Sandwich with Marinara Sauce, Roasted Broccoli
Baby Carrots
Chilled Peaches
Apple Wedges
Milk

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

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