

OCTOBER 2021

Jackson County Central High School

Breakfast includes Fruit,
100% Fruit Juice variety
and Milk variety.

Grains are 100% Whole Grain
or Whole Grain Rich

Monday

Tuesday

Wednesday

Thursday

Friday

Fresh Cinnamon Rolls & Smoothie **1**

Pizza Variety
Steamed Broccoli
Veggie Variety
Fruit, Milk

Hot off the Grill Pancakes **4**

Boneless Wings or Bone-In Wings, Broccoli Mac & Cheese, Cucumber Dill Salad, Chilled Peaches, Apple Wedges, Milk

Saus, Egg & Cheese Bfst Burrito **5**

Beef & Cheese Walking or Softshell Taco, Taco Toppings, Red Peppers, Spanish Rice, Refried Beans, Chilled Pineapple, Banana, Milk

French Toast Sticks **6**

Hot Dog on a Bun or Sloppy Joe, Baked Beans, Creamy Coleslaw, Chilled Fruit Cocktail, Orange Wedges, Milk

Potato Skillet w/ Toast **7**

Parmesan Chicken Caesar Wrap or Chicken Marinara Sandwich, Baby Carrots, Sliced Cucumbers, Chilled Pears, Fruit Variety, Milk

Breakfast Pacos **8**

French Bread Pizza Variety, Steamed Broccoli, Veggie Variety, Fruit Variety, Milk

Sausage, Egg & Cheese Biscuit **11**

Chicken or Cheese Quesadilla, Mexicali Corn, Cucumber Slices, Picante Corn Salsa, Chilled Peaches, Apple Wedges, Milk

Breakfast Pizza **12**

Ham & Turkey Deli Sandwich or Chef Salad w/ Breadstick, Baby Carrots, BLT Pasta Salad, Chilled Pears, Banana, Milk

Ham, Egg & Cheese Croissant **13**

BBQ Rib Sandwich or Corn Dog, Baked Beans, Ranch Veggie Salad, Seasonal Fruit Salad, Chilled Mixed Fruit, Milk

Muffin with String Cheese **14**

Hamburger w/ fixings or Grilled Chicken Sandwich, Romaine Caesar Salad, Red Pepper Strips, Chilled Pineapple, Rosy Applesauce, Milk

Fresh Cinnamon Roll & Smoothie **15**

Breaded Chicken Sandwich or Meatball Marinara Sub, Sweet Potato Fries, Veggie Variety, Fruit Variety, Milk

Hot off the Grill Pancakes **18**

Popcorn Chicken or Pulled Pork Sandwich, Baked Beans, Macaroni Salad, Chilled Peaches, Apple Wedges, Milk

Saus, Egg & Cheese Bfst Burrito **19**

Gen Tso Chicken or Chicken Egg Rolls, "Fried Rice", Whole Kernel Corn, Red Pepper Strips, Chilled Pineapple, Apple Wedges, Milk

French Toast Sticks **20**

Pizza Crunchers or Chef Salad w/ Breadstick, Romaine Garden Salad, Chilled Pears, Grape & Yogurt Salad, Milk

MEA
Break **21**

MEA
Break **22**

Sausage, Egg & Cheese Biscuit **25**

Boneless Wings or Bone-In Wings, Broccoli Mac & Cheese, Cucumber Dill Salad, Chilled Peaches, Apple Wedges, Milk

Saus, Egg & Cheese Bfst Burrito **26**

Hot Ham & Cheese or Baked Potato Bar w/ toppings, Steamed Broccoli, BLT Pasta Salad Bananas, Chilled Peaches, Milk

French Toast Sticks **27**

Hot Dog on a Bun or Sloppy Joe, Baked Beans, Creamy Coleslaw, Chilled Fruit Cocktail, Orange Wedges, Milk

Potato Skillet w/ Toast **28**

Parmesan Chicken Caesar Wrap or Chicken Marinara Sandwich, Baby Carrots, Sliced Cucumbers, Chilled Pears, Fruit Variety, Milk

Breakfast Pacos **29**

French Bread Pizza Variety, Steamed Broccoli, Veggie Variety, Fruit Variety, Milk

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