

SEPTEMBER 2021

Jackson County Central Middle School

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



Monday

Tuesday

Wednesday

Thursday

Friday



Pancake Variety

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

Bagel with Cream Cheese

Chicken or Cheese Quesadilla,
Mexicali Corn, Cucumber Slices,
Picante Corn Salsa
Chilled Mandarin Oranges, Banana,
Milk

Pancake Variety

Pulled Pork Sandwich or
Breaded Fish Sandwich
Baked Beans, Broccoli Raisin Salad,
Chilled Peaches, Banana,
Milk

Muffin with String Cheese

NEW Parmesan Chicken Caesar
Wrap or Breaded Chicken Sandwich,
Baby Carrots, Sliced Cucumbers,
Chilled Pears,
Apple Wedges, Milk

Sausage, Egg, Cheese Bfst Burrito

Beef & Cheese Walking or Softshell
Taco, Taco Toppings, Red Peppers,
Spanish Rice, Fiesta Beans,
Chilled Pineapple, Apple Wedges,
Milk

Sausage, Egg & Cheese Biscuits

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

Sausage, Egg & Cheese Bfst Burrito

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

Additional
Breakfast Entrées
available every day!

Ham, Egg & Cheese Bfst Croissant

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

Cinnamon Glazed French Toast

Deli Ham and Turkey Sandwich
Baby Carrots, Celery Sticks,
Romaine Garden Salad,
Chilled Applesauce, Pear Crisp,
Milk

Ham, Egg & Cheese Bfst Croissant

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

Cinnamon Glazed French Toast

Turkey Bacon Sub or Deli Ham
Sandwich, French Fries,
Macaroni Salad,
Chilled Mandarin Oranges,
Sliced Kiwi, Milk

Fresh Garden Bar
available daily with
Lunch!

Breakfast Pizza

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

Breakfast Bread

French Bread Pizza Variety
Green Beans, Romaine Caesar Salad w/
Cherry Tomatoes,
Chilled Mixed Fruit, Orange Wedges,
Milk

Breakfast Pizza

NEW Cheesy Potato, Egg & Bacon
Bake or Colby Omelet w/ French Toast
Baby Carrots, Romaine Garden Salad,
Rosy Applesauce, Orange Wedges,
Milk

NEW Breakfast Pacos

Hamburger Stroganoff with Rice
Or Chicken Philly,
Baby Carrots, Spinach Blueberry Salad,
Chilled Mixed Fruit,
Pumpkin Pie Parfait, Milk

Due to a waiver from the USDA,
JCC will be providing FREE meals
to students this year; however, we ask
families to still complete the
Application for Educational Benefits.

Fresh Cinnamon Roll & Smoothie

Pizza Variety
Steamed Broccoli,
Veggie Variety
Fruit Variety
Milk

Muffin with String Cheese

Popcorn Chicken or Popcorn Shrimp,
Warm Garlic Toast,
Garlic Mashed Potatoes,
Veggie Variety, Fruit Variety,
Milk

Fresh Cinnamon Roll & Smoothie

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

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