

October 2019 JACKSON PARISH BREAKFAST



LUNCH

- Pre-K-12 - \$2.10
- Reduced - \$ 40
- Teachers - \$3.00
- Visitors - \$5.00

Breakfast

- Pre-K-12 - \$1.20
- Reduced - \$.30
- Teachers - \$2.00
- Visitors - \$3.00

- Extra Juice \$.60
- Extra Milk \$1.00

School News

Please read the Unpaid Meal Procedures Plan. Each student has received a copy of the plan. Also, the plan is on the parish's web site. If your child has charged regular meals for two weeks, he/she will be given an alternate meal. To pay your child's meals, you may sign up to register for an account at www.myschoolbucks.com to pay for meals using your credit/debit card or electronic check. There is no charge to open an account to check your child's meal information, but each payment transaction is \$2.49. If you choose, you may send money in advance to the cafeteria manager.

The menu may change without notice due to delivery shortages and availability.

Institution is an equal opportunity provider.

Monday

Did You Know?

Columbus Day is celebrated the second Monday every October.

7 Breakfast Burrito
Cereal, WW Toast
Juice/Fruit
Milk

14 WG Muffin or
Cereal, WW Toast,
Fruit/Juice
Milk

21 Breakfast Burrito
Cereal, WW Toast
Juice/Fruit
Milk

28 Fall Break!

Tuesday

1 WG Pancakes &
Sausage, or Cereal,
WW Toast,
Fruit/Juice
Milk

8 French Toast
Sticks & Sausage or
Cereal, WW Toast
Juice/Fruit
Milk

15 WG Pancakes &
Sausage, or Cereal,
WW Toast,
Fruit/Juice
Milk

22 French Toast Sticks
& Sausage or
Cereal, WW Toast
Juice/Fruit
Milk

29 Fall Break!

Wednesday

2 Breakfast Pizza or
Cereal, WW Toast,
Fruit/Juice
Milk

9 Chicken Biscuit or
Cereal, WW Toast,
Juice/Fruit
Milk

16 Grits, Scrambled
Eggs, Ham, WW
Toast or
Cereal, WW Toast
Juice/Fruit
Milk

23 Mini Pancakes &
Link Sausage or
Cereal, WW Toast
Juice/Fruit
Milk

30 Breakfast Pizza or
Cereal, WW Toast
Fruit/Juice
Milk

Thursday

3 Sausage Biscuit or
Cereal, WW Toast,
Fruit/Juice
Milk

10 Mini Pancakes &
Link Sausage or
Cereal, WW Toast
Juice/Fruit
Milk

17 Breakfast Pizza or
Cereal, WW Toast
Fruit/Juice
Milk

24 Chicken Biscuit or
Cereal, WW Toast,
Juice/Fruit
Milk

31 Sausage Biscuit or
Cereal, WW Toast,
Fruit/Juice
Milk

Friday

4 Grits, Scrambled
Eggs, Ham, WW
Toast or
Cereal, WW Toast
Juice/Fruit
Milk

11 WG Pancake or
Stick or Cereal, WW
Toast,
Juice/Fruit
Milk

18 Sausage Biscuit or
Cereal, WW Toast,
Fruit/Juice
Milk

25 Fall Break!



October 2019

JACKSON PARISH LUNCH



Monday

Did You Know?

Columbus Day is celebrated the second Monday every October.

7

Chicken Nuggets, Sweet Potatoes & Apples
DK Green Salad w/LF Dressing Choice, Chilled Peaches,
WW Roll
Milk
No Alternate

14

Hamburger or Cheese burger/WW Bun, Oven Fries, Sandwich Salad Cup, Pineapple w/Cherries,
Milk

21

Breaded Chicken Patt w/WW Bun, Baked Beans, Sandwich Salad Cup, sliced Peaches, Milk
Alternate Entrée- Hamburger w/WW

28

Fall Break!

Tuesday

1

Turkey or Pork Roast Creamed Potatoes, California Veggies, Peaches,
WW Roll,
Milk
Alternate: Entrée- Ham & Cheese w/WW Bun

8

Salisbury Steak & Gravy, Rice Green Beans, Strawberries or Grapes,
WW Roll
Milk
Alt. Entrée-Chicken Sandwich

15

Red Beans w/Sausage Brown Rice, Seasoned Cabbage, Cantaloupe Cubes or Mixed Fruit, WG Cornbread,
Milk
Alternate: Entrée Pork Ribette w/wwBun

22

Frito Pie Whole Kernel Corn Chips
Baby Carrots/ Ranch Dressing
DK Green Salad
WW Sugar Cookie Mixed Fruit,
Milk
Alternate:
Hot-Dog-w/W

29

Fall Break!

Wednesday

2

Chicken Tetrazzini w/Orange Glazed Carrots, DK Green Salad
Apple Half,
WG Italian Bread or WW Roll,
Milk
Alternate: Entrée Popcorn Chicken

9

Oven Fried Chicken, Creamed Potato/Gravy Seasoned Greens, Tropical Fruit,
WW Roll or WW cornbread,
Milk
No Alternate

16

Beef and Cheese Nachos
Baked Beans/ Baby Carrot/LF Ranch Dressing
Grapes or Banana
Milk
Alternate: Popcorn

23

WG Spaghetti w/Meat Sauce,
English Peas & Carrots,
Apple Half,
WG Italian Bread,
Milk
Alternate:
Popcorn Chicken

30

BBQ Sandwich w/WW Bun,
Mexican Beans,
DK Green Salad,
Pear Halves,
Milk
Alternate: Entrée-

Thursday

3

Vegetable Beef Soup Grilled Cheese Sandwich (WW Bread)
Garden Salad Tangerine or Wedges
Milk
No Alternate

10

Fish Sandwich /WW Bun,
Baked Beans Sandwich Salad Cup, Pears w/Cherries
Milk
Alternate: Ham & Cheese w/WW Bun

17

Tacos,
Taco Salad Cup,
Steamed Corn, WG Cinnamon Roll,
Peaches,
Frozen Fruit Bar,
Milk

24

Stuffed Baked Potato DK Green Salad Tropical Fruit
WG Texas Toast,
Milk
(High School add Oatmeal Cookie)
Alternate: Burrito

31

Vegetable Beef Soup Grilled Cheese Sandwich (WW Bread)
Garden Salad Tangerine or Wedges
Milk
No Alternate

Friday

4

WG Pizza,
Sweet Potato Rounds Broccoli & Carrot/Ranch Dressing Grapes or Watermelon Cubes,
Milk
No Alternate

11

Popcorn Chicken Oven Baked Potato Wedges,
Steamed Broccoli/Carrots, Grapes or Banana, WW Roll,
Milk
No Alternate

18

Steak Fingers Mashed Potato/Gravy
Green Beans,
DK Green Salad Applesauce or Red Grapes,
WW Roll,
Milk

25

Fall Break!

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Reduced - \$.40
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Visitors - \$5.00

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