

September 2019

JACKSON PARISH LUNCH

Monday

Labor Day!! 2

9
Chicken Nuggets,
Sweet Potatoes & Apples
DK Green Salad w/LF
Dressing Choice, Chilled
Peaches,
WW Roll
Milk

16
Hamburger or
Cheese burger/WW
Bun, Oven Fries,
Sandwich Salad Cup,
Pineapple w/Cherries,
Milk

No Alternate

23
Breaded Chicken Patty
w/WW Bun, Baked
Beans, Sandwich Salad
Cup, sliced Peaches,
Milk

Alternate Entrée-
Hamburger w/WW

30
BBQ Sandwich
w/WW Bun,
Mexican Beans,
DK Green Salad,
Pear Halves,
Milk

Alternate: Entrée-
Breaded Chicken

Tuesday

3

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

10
Salisbury Steak
& Gravy, Rice
Green Beans,
Strawberries or Grapes,
WW Roll
Milk

Alt. Entrée-Chicken
Sandwich

17
Red Beans w/Sausage,
Brown Rice,
Seasoned Cabbage,
Cantaloupe Cubes or
Mixed Fruit, WG
Cornbread,
Milk

Alternate: Entrée Pork
Ribette w/wwBun

24
Frito Pie
Whole Kernel Corn
Corn Chips
Baby Carrots/ Ranch
Dressing
DK Green Salad
WW Sugar Cookie
Mixed Fruit,
Milk

Wednesday

4

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

11
Oven Fried Chicken,
Creamed Potato/Gravy
Seasoned Greens,
Tropical Fruit,
WW Roll or WW
cornbread,
Milk

No Alternate

18
Tacos,
Taco Salad Cup,
Steamed Corn, WG
Cinnamon Roll,
Peaches,
Frozen Fruit Bar,
Milk

25
WG Spaghetti w/Meat
Sauce,
English Peas & Carrots,
Apple Half,
WG Italian Bread,
Milk
Alternate:
Popcorn Chicken

Thursday

5

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

12
Fish Sandwich
/WW Bun,
Baked Beans Sandwich
Salad Cup, Pears
w/Cherries
Milk

Alternate: Hamburger
w/WW Bun

19
Beef and Cheese
Nachos
Baked Beans Baby
Carrot/LF Ranch
Dressing
Grapes or Banana
Milk
Alternate: Popcorn

26
Turkey & Sausage
Gumbo,
Br Rice
DK Green Salad
w/LF Dressing Choice,
Banana,
WG Crackers,
Milk

Friday

6

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

13
Popcorn Chicken
Oven Baked Potato Wedges,
Steamed Broccoli/Carrots,
Grapes or Banana, WW Roll,
Milk

No Alternate

20
Steak Fingers
Mashed Potato/Gravy,
Green Beans,
DK Green Salad
Applesauce or Red
Grapes,
WW Roll,
Milk

27
Stuffed Baked Potato
DK Green Salad
Tropical Fruit
WG Texas Toast,
Milk
(High School add
Oatmeal Cookie)
Alternate: Burrito

Fresh Fruits and
Salads are available.

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 each payment transaction is \$2.49. If you choose, you may send money in advance to the cafeteria manager.

This institution is an equal opportunity provider.

Did You Know?

September was the seventh month of the original Roman calendar. This is where it got its name which means seventh. Later, when January and February were added to the calendar it became the ninth month

September 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

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Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day! Breakfast Burrito or Cereal, WW Toast Juice/Fruit Milk	3 WG Muffin or Cereal, WW Toast, Fruit /Juice Milk	4 WG Pancakes & Sausage, or Cereal, WW Toast, Fruit/Juice Milk	5 Breakfast Pizza or Cereal, WW Toast Fruit/Juice Milk	6 Grits, Scrambled Eggs, Ham, WW Toast or Cereal, WW Toast Juice/Fruit Milk
9 Breakfast Burrito or Cereal, WW Toast Juice/Fruit Milk	10 WG French Toast Sticks & Sausage or Cereal, WW Toast Juice/Fruit Milk	11 Mini Pancakes & Link Sausage or Cereal, WW Toast Juice/Fruit Milk	12 Chicken Biscuit or Cereal, WW Toast, Juice/Fruit Milk	13 WG Pancake on a Stick or Cereal, WW Toast, Juice/Fruit Milk
16 WG Muffin or Cereal, WW Toast, Fruit /Juice Milk	17 WG Pancakes & Sausage, or Cereal, WW Toast, Fruit/Juice Milk	18 Breakfast Pizza or Cereal, WW Toast Fruit/Juice Milk	19 Grits, Scrambled Eggs, Ham, WW Toast or Cereal, WW Toast Juice/Fruit Milk	20 Sausage Biscuit or Cereal, WW Toast, Fruit/Juice Milk
23 Breakfast Burrito or Cereal, WW Toast Juice/Fruit Milk	24 French Toast Sticks & Sausage or Cereal, WW Toast Juice/Fruit Milk	25 Mini Pancakes & Link Sausage or Cereal, WW Toast Juice/Fruit Milk	26 Chicken Biscuit or Cereal, WW Toast, Juice/Fruit Milk	27 WG Pancake on a Stick or Cereal, WW Toast, Juice/Fruit Milk
30 WG Muffin or Cereal, WW Toast, Fruit /Juice Milk				

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