

# SEPTEMBER 2018

# JACKSON PARISH LUNCH

## MONDAY

3

**Labor Day !**

## TUESDAY

4

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

Alternate Entrée- Hamburger w/WW

## WEDNESDAY

5

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

Alternate: Hot Dog w/W

## THURSDAY

6

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

## FRIDAY

7

Stuffed Baked Potato  
Dk Green Salad  
Tropical Fruit  
WG Texas Toast,  
Milk  
(High School add  
Oatmeal Cookie)

Alternate: Burrito

Chef Salads and Fresh Fruits are available daily.

### 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

To receive meals, students must have funds in their accounts. You may pay for meals online by setting up an account with [myschoolbucks.com](http://myschoolbucks.com) or you may bring the money to the school cafeteria.

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

10  
BBQ Sandwich w/WW Bun, Mexican Beans, DK Green Salad, Pear Halves, Milk  
Alternate: Entrée- Breaded Chicken

11  
Turkey or Pork Roast  
Creamed Potatoes,  
California Veggies,  
Peaches,  
WW Roll,  
Milk  
Alternate: Entrée- Ham & Cheese w/WW Bun

12  
Chicken Tetrazzini WG,  
Orange Glazed Carrots, DK  
Green Salad  
Apple Half,  
WG Italian Bread or WW  
Roll,  
Milk  
Alternate: Entrée Popcorn Chicken

13  
Vegetable Beef Soup  
Grilled Cheese Sandwich (WW Bread)  
Garden Salad Tangerine or Wedges  
Milk  
No Alternate

14  
WG Pizza,  
Sweet Potato Rounds  
Broccoli & Carrot/Ranch Dressing  
Grapes or Watermelon Cubes,  
Milk  
No Alternate

17  
Chicken Nuggets,  
Sweet Potatoes & Apples  
DK Green Salad w/LF  
Dressing Choice, Chilled  
Peaches,  
WW Roll  
Milk  
No Alternate

18  
Salisbury Steak & Gravy, Rice  
Green Beans, Strawberries or Grapes,  
WW Roll  
Milk  
Alt. Entrée-Chicken Sandwich

19  
Oven Fried Chicken,  
Creamed Potato/Gravy  
Seasoned Greens,  
Tropical Fruit,  
WW Roll or WW  
cornbread,  
Milk  
No Alternate

20  
Fish Sandwich /WW Bun,  
Baked Beans Sandwich  
Salad Cup, Pears w/Cherries  
Milk  
Alternate: Ham & Cheese w/WW Bun

21  
Popcorn Chicken  
Oven Baked Potato  
Wedges,  
Steamed  
Broccoli/Carrots, Grapes or Banana, WW Roll,  
Milk  
No Alternate

24  
Hamburger or Cheese burger/WW Bun, Oven Fries, Sandwich Salad Cup, Pineapple w/Cherries,  
Milk

25  
Red Beans w/Sausage  
Brown Rice,  
Seasoned Cabbage,  
Cantaloupe Cubes or Mixed  
Fruit, WG Cornbread,  
Milk  
Alternate: Entrée Pork Ribette w/wwBun

26  
Beef and Cheese Nachos  
Baked Beans/ Baby Carrot/LF Ranch Dressing  
Grapes or Banana  
Milk  
Alternate: Popcorn Chicken

27  
Tacos,  
Taco Salad Cup,  
Steamed Corn, WG  
Cinnamon Roll,  
Peaches,  
Frozen Fruit Bar,  
Milk

28  
Steak Fingers  
Mashed Potato/Gravy,  
Green Beans,  
Dk. Green Salad Applesauce or Red Grapes,  
WW Roll,  
Milk  
No Alternate

## DID YOU KNOW...

The name September comes from the Latin septem, meaning seven, since it was the seventh month of the Roman calendar, which began with March. There are 30 days in the month of September, which starts on the same day of the week as December each year but does not end on the same day of the week as any other month in the year.