

JANUARY 2019

JACKSON PARISH LUNCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Holidays !

1

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2

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3

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4

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

7

Alternate: Entrée-
Breaded Chicken

Turkey or Pork Roast
Creamed Potatoes,
California Veggies,
Peaches,
WW Roll,
Milk

8

Alternate: Entrée- Ham
& Cheese w/WW Bun

Chicken Tetrizzini WG,
Orange Glazed Carrots,
Dk Green Salad
Apple Half,
WG Italian Bread or WW
Roll,
Milk

9

Alternate: Entrée
Popcorn Chicken

Vegetable Beef Soup
Grilled Cheese Sandwich
(WW Bread)
Garden Salad Tangerine
or Wedges
Milk

10

No Alternate

WG Pizza,
Sweet Potato Rounds
Broccoli & Carrot/Ranch
Dressing Grapes or
Watermelon Cubes,
Milk

11

No Alternate

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

14

No Alternate

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

15

Alt. Entrée-Chicken
Sandwich

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

16

No Alternate

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

17

Alternate: Ham &
Cheese w/WW Bun

Professional
Development

18

Dr. Martin Luther
King

21

Hamburger or
Cheese burger/WW
Bun, Oven Fr
ies, Sandwich Salad
Cup, Pineapple
w/Cherries, Milk
No Alternate

22

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

23

Alternate: Entrée Pork
Ribette w/wwBun

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

24

Alternate: Popcorn

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

25

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

28

Alternate Entrée-
Hamburger w/WW

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

29

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

30

Alternate:
Popcorn Chicken

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

31

DID YOU KNOW...
January's gem is
garnet which
represents
constancy.

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
To accounts. You may
pay for meals online
by setting up an
account with
myschoolbucks.com
or you may bring the
money to the school
cafeteria.

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