

OCTOBER 2018

JACKSON PARISH LUNCH

MONDAY

1
Breaded Chicken Patt
w/WW Bun, Baked
Beans, Sandwich Salad
Cup, sliced Peaches, Milk

Alternate Entrée-
Hamburger w/WW

8
BBQ Sandwich
w/WW Bun,
Mexican Beans,
DK Green Salad,
Pear Halves,
Milk

Alternate: Entrée- Breaded
Chicken

15
Chicken Nuggets,
Sweet Potatoes & Apple
DK Green Salad w/LF
Dressing Choice, Chilled
Peaches,
WW Roll
Milk
No Alternate

22
Hamburger or
Cheese burger/WW
Bun, Oven Fr
ies, Sandwich Salad
Cup, Pineapple
w/Cherries,
Milk
No Alternate

29
FALL
BREAK!

TUESDAY

2
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 Bun

9
Turkey or Pork Roas
Creamed Potatoes,
California Veggies,
Peaches,
WW Roll,
Milk
Alternate: Entrée- Ham
& Cheese w/WW Bun

16
Salisbury Steak
& Gravy, Rice
Green Beans,
Strawberries or Grapes,
WW Roll
Milk
Alt. Entrée-Chicken
Sandwich

23
Red Beans w/Sausag
Brown Rice,
Seasoned Cabbage,
Cantaloupe Cubes or
Mixed Fruit, WG
Cornbread,
Milk
Alternate: Entrée Pork
Chops w/WW Bun

30
FALL
BREAK!

WEDNESDAY

3
WG Spaghetti w/Mea
Sauce,
English Peas & Carrots,
Apple Half,
WG Italian Bread,
Milk
Alternate:
Popcorn Chicken

10
Chicken Tetrzzini W
Orange Glazed Carrots, DK
Green Salad
Apple Half,
WG Italian Bread or WW
Roll,
Milk
Alternate: Entrée Popcorn
Chicken

17
Oven Fried Chicken,
Creamed Potato/Gravy
Seasoned Greens,
Tropical Fruit,
WW Roll or WW
cornbread,
Milk
No Alternate

24
Beef and Cheese
Nachos
Baked Beans/ Baby
Carrot/LF Ranch
Dressing
Grapes or Banana
Milk
Alternate: Popcorn

31
Breaded Chicken Patt
w/WW Bun, Baked
Beans, Sandwich Salad
Cup, sliced Peaches, Milk

Alternate Entrée-
Hamburger w/WW

THURSDAY

4
Turkey & Sausage
Gumbo,
Br Rice
DK Green Salad
w/LF Dressing Choice,
Banana,
WG Crackers,
Milk
Alternate: Corndog

11
Vegetable Beef Soup
Grilled Cheese Sandwich
(WW Bread)
Garden Salad Tangerine
or Wedges
Milk
No Alternate

18
Fish Sandwich
/WW Bun,
Baked Beans Sandwich Salad
Cup, Pears w/Cherries
Milk
Alternate: Ham & Cheese
w/WW Bun

25
Tacos,
Taco Salad Cup,
Steamed Corn, WG
Cinnamon Roll,
Peaches,
Frozen Fruit Bar,
Milk

DID YOU KNOW...
October comes from the Latin
word "octo" which means eight.

FRIDAY

5
Stuffed Baked Potat
DK Green Salad
Tropical Fruit
WG Texas Toast,
Milk
(High School add Oatmeal
Cookie)
Alternate: Burrito

12
WG Pizza,
Sweet Potato Rounds
Broccoli & Carrot/Ranch
Dressing Grapes or
Watermelon Cubes,
Milk
No Alternate

19
Popcorn Chicken
Oven Baked Potato
Wedges,
Steamed
Broccoli/Carrots, Grapes
or Banana, WW Roll,
Milk
No Alternate

26
FALL
BREAK!

**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
or you may bring the
money to the school
cafeteria.

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