









6-8 Grades | Lunch Menu | November 2024

Jackson-Madison County School System

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Student meals are served at no cost. JMCCS staff meals are \$3.75. Visitor meals are \$4.00. HOLIDAY MEALS ARE \$5.00</i></p>		<p>USDA 6-8 Meal Requirements 2 oz serving of meat/protein 1 oz serving of whole grain ½ cup serving of fruit ¾ cup serving of vegetable 1 (8 oz) serving of fluid milk</p> <p><i>OFFER VS SERVE >>> Pick ALL 5 or only 3 different items – 1 item needs to be a ½ cup serving of fruit or vegetable</i></p>		<p>Friday, 1st Juicy Flame-Broiled Burger – Bun OR Breaded Chicken Filet – Bun Lettuce / Tomato / Pickle Cup Crinkle Cut Potato Fries Southern Baked Beans Chilled Fruit Choices Low-Fat and Skim Milk Varieties (8 oz)</p>
<p>Monday, 4th Roasted Hot Dog w/ Bun OR Chicken Fajita Wrap – Tostito Chips Seasoned Pinto Beans – Tomato Salsa Buttery Whole Kernel Corn Chilled Fruit Choices Low-Fat and Skim Milk Varieties (8 oz.)</p>	<p>Tuesday, 5th Election Day – Schools Closed!</p>	<p>Wednesday, 6th Breaded Chicken Nuggets – Roll OR Pepperoni Calzone Steamed Broccoli Tender Baby Carrots Chilled Fruit Choices Low-Fat and Skim Milk Varieties (8 oz.)</p>	<p>Thursday, 7th <i>Cafeteria's Thanksgiving Meal</i> Turkey and Dressing - Roll OR Tropical Baked Ham - Roll Candied Sweet Potatoes Seasoned Green Beans Cranberry Sauce (2oz.) Chilled Fruit Choices Low-Fat and Skim Milk Varieties (8oz.) Cookie Treat with Meal</p>	<p>Friday, 8th Juicy Flame-Broiled Burger – Bun OR Breaded Chicken Filet – Bun Lettuce / Tomato / Pickle Cup Crinkle Cut Potato Fries Southern Baked Beans Fruit Choices Low-Fat and Skim Milk Varieties (8 oz)</p>
<p>Monday, 11th Veterans Day ~~ NO SCHOOL</p> 	<p>Tuesday, 12th School Cafeteria Manager's Choice Contact your school for details!</p>	<p>Wednesday, 13th Country Fried Steak and Gravy - Roll OR Popcorn Chicken - Roll Fluffy Whipped Potatoes Seasoned Green Peas Chilled Fruit Choices Low-Fat and Skim Milk Varieties (8 oz.)</p>	<p>Thursday, 14th Beefy & Cheese Nachos OR Smokey Rib Patty – Bun Buttery Whole Kernel Corn Seasoned Pinto Beans Chilled Fruit Choices Low-Fat and Skim Milk Varieties (8 oz.)</p>	<p>Friday, 15th Juicy Flame-Broiled Burger – Bun OR Breaded Chicken Filet– Bun Lettuce / Tomato / Pickle Cup Crinkle Cut Potato Fries Southern Baked Beans Chilled Fruit Choices Low-Fat and Skim Milk Varieties (8 oz)</p>
<p>Monday, 18th Home Style Meat Loaf -Roll OR Breaded Fish with Cheese – Bun Cheesy Au `Gratin Potatoes Seasoned Turnip Greens Chilled Fruit Choices Low-Fat and Skim Milk Varieties (8 oz)</p>	<p>Tuesday, 19th Chicken Parmesan - Roll OR Stuffed Crust Pizza Slice Sweet Potato Waffle Fries Seasoned California Vegetable Blend Chilled Fruit Choices Low-Fat and Skim Milk Varieties (8 oz)</p>	<p>Wednesday, 20th Spaghetti- Roll OR Jumbo Corn Dog Seasoned Pinto Beans Steamed Broccoli With Cheese Chilled Fruit Choices Low-Fat and Skim Milk Varieties (8 oz)</p>	<p>Thursday, 21st Macaroni & Cheese – Roll OR Max Cheesy Bread Sticks/ Marinara Seasoned Green Beans Tender Cooked Baby Carrots Chilled Fruit Choices Low-Fat and Skim Milk Varieties (8 oz)</p>	<p>Friday, 22nd Juicy Flame-Broiled Burger – Bun OR Breaded Chicken Filet– Bun Lettuce / Tomato / Pickle Cup Crinkle Cut Potato Fries Southern Baked Beans Chilled Fruit Choices Low-Fat and Skim Milk Varieties (8 oz.)</p>
<p>Monday, 25th Schools Closed!</p> 	<p>Tuesday, 26th Schools Closed!</p> 	<p>Wednesday, 27th Schools Closed!</p> 	<p>Thursday, 28th Schools Closed!</p> 	<p>Friday, 29th Schools Closed!</p> 