








6-8 Grades | LUNCH Menu | **October 2024** |

Jackson Madison County School System

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Monday, September 30, 2024 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, 1st Breaded Chicken Nuggets -Roll OR Salisbury Steak and Gravy- Roll Fluffy Whipped Potatoes Seasoned Green Beans Chilled Fruit Choices Low-Fat and Skim Milk Varieties (8 oz) Cookie Treat with meal tray</p>	<p>Wednesday, 2nd Chicken Tetrazzini - Roll OR Pepperoni & Cheese Calzone Steamed Broccoli Tender Cooked Baby Carrots Chilled Fruit Choices Low-Fat and Skim Milk Varieties (8 oz)</p>	<p>Thursday, 3rd Crispy Chicken Tenders- Roll OR Selfie Cheese Pizza Seasoned California Blend Sweet Potato Waffle Fries Chilled Fruit Choices Low- Fat and skim Milk Varieties (8oz)</p>	<p>Friday, 4th 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 (8oz)</p>
<p>Monday, 7th </p>	<p>Tuesday, 8th </p>	<p>Wednesday, 9th </p>	<p>Thursday, 10th </p>	<p>Friday, 11th </p>
<p>Monday, 14th Mini Corn Dog Nuggets OR Italian Pizza Seasoned Potato Wedges Fresh Carrots w/ Ranch Dressing Chilled Fruit Choices Low-Fat and Skim Milk Varieties (8 oz)</p>	<p>Tuesday, 15th School Cafeteria Manager's Choice Contact your school for details!</p>	<p>Wednesday, 16th 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(8oz)</p>	<p>Thursday, 17th Beefy & Cheese Nachos Smokey Rib Patty-Bun Buttery Whole Kernel Corn Seasoned Pinto Beans Chilled Fruit Choices Low-Fat and Skim Milk Varieties(8oz)</p>	<p>Friday, 18th 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, 21st 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, 22nd 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(8oz)</p>	<p>Wednesday, 23rd 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, 24th Macaroni & Cheese -Roll OR Max Cheesy Bread Sticks/Marinara Sauce Seasoned Green Beans Tender Cooked Baby Carrots Chilled Fruit Choices Low-Fat and Skim Milk Varieties (8 oz)</p>	<p>Friday, 25th 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, 28th Selfie Pepperoni Pizza OR Beef and Cheese Taco Stick Seasoned Potato Wedges Seasoned Green Peas Chilled Fruit Choice Low-Fat and Skim Milk Varieties (8 oz)</p>	<p>Tuesday, 29th Poppy Seed Chicken Casserole-Roll OR BBQ Rib Patty on Bun Carrot Sticks w/ Ranch Dip Leafy Spinach with Tomatoes Chilled Fruit Choices Low-Fat and Skim Milk Varieties(8 oz)</p>	<p>Wednesday, 30th Tuna Salad On Hoagie Or Croissant OR Barbeque Chicken Nachos Shredded Cheese 1oz. Buttery Whole Kernel Corn Seasoned Tuscan Blend Chilled Fruit Low- Fat and Skim Milk Varieties (8oz)</p>	<p>Thursday, 31st Beef -A-Roni - Roll School Made Combread OR Mexican Fiestada Pizza Cheesy Au gratin Potatoes Celery Sticks w/ Ranch Dressing EEK Side Kick Chilled Fruit Choices Low-Fat and skim Milk Varieties(8oz)</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>OFFER VS SERVE >>> Pick ALL 5 or only 3 different items – 1 item needs to be a ½ cup serving of fruit or vegetable</p>