Jackson - Madison County School System

| Monday | Tuesday | Wednesday Thursday |  | Friday |
| :---: | :---: | :---: | :---: | :---: |
| OFFER VS SERVE >>> Pick all 5 or 3 different items - 1 food item needs to be $a 1 / 2$ cup serving of fruit or vegetable. <br> Items offered daily include burgers, pizza slices, garden salads, fries, additional fruits and vegetables. | USDA 9-12 Lunch Meal Pattern <br> 2 oz. serving of meat/protein <br> 2 oz. serving whole grain <br> 1 cup serving of fruit <br> 1 cup serving of vegetable <br> $1(8 \mathrm{oz})$ serving of fluid milk <br> (1\% or fat-free) | Choose MyPlate gov |  | Friday, $1^{\text {st }}$ <br> Juicy Flame-Broiled Burger - Bun <br> OR Breaded Chicken Filet - Bun <br> Lettuce / Tomato / Pickle Cup <br> Crinkle-Cut Potato Fries <br> Southern Style Baked Beans <br> Chilled Fruit Variety <br> Low-Fat and Skim Milk Varieties (8 oz.) |
| Monday, $4^{\text {th }}$ <br> Roasted Hot Dog - Bun <br> OR Chicken Fajita Wrap - Tostito Chips <br> Seasoned Pinto Beans - Tomato Salsa <br> Buttery Whole Kernel Corn <br> Chilled Fruit Choices <br> Low-Fat and Skim Milk Varieties (8 oz.) | Tuesday, $\mathbf{5}^{\text {th }}$ <br> Breaded Chicken Nuggets -Roll <br> OR Salisbury Steak and Gravy- Roll <br> Fluffy Whipped Potatoes <br> Seasoned Green Beans <br> Chilled Fruit Choices <br> Low- Fat and Skim Milk Varieties (8 oz.) <br> Cookie Treat with Meal | Wednesday, $\mathbf{6}^{\text {th }}$ <br> Chicken Tetrazzini - Roll <br> OR Pepperoni \& Cheese Calzone <br> Steamed Broccoli <br> Tender Cooked Baby Carrots <br> Chilled Fruit Choices <br> Low-Fat and Skim Milk Varieties (8 oz.) | Thursday, $7^{\text {th }}$ <br> Crispy Chicken Tenders -Roll <br> OR Selfie Cheese Pizza <br> Seasoned California Blend <br> Sweet Potato Waffle Fries <br> Chilled Fruit Choices <br> Low-Fat and Skim Milk Varieties (8 oz.) | Friday, $8^{\text {th }}$ <br> Juicy Flame-Broiled Burger - Bun <br> OR Breaded Chicken Filet-Bun <br> Lettuce / Tomato / Pickle Cup <br> Crinkle-Cut Potato Fries <br> Southern Style Baked Beans <br> Chilled Fruit Variety <br> Low-Fat and Skim Milk Varieties (8 oz.) |
| Monday, $11^{\text {th }}$ | Tuesday, $12^{\text {th }}$ | Wednesday, $13^{\text {th }}$ | Thursday, $14^{\text {th }}$ | Friday, 15 $^{\text {th }}$ |
| Monday, 18th <br> Mini Corn Dogs <br> OR Italian Pizza Slice <br> Seasoned Potato Wedges <br> Seasoned Green Beans <br> Chilled Fruit Choices <br> Low- Fat and Skim Milk Varieties (8 oz.) | Tuesday, $19^{\text {th }}$ <br> School Cafeteria Manager's Choice <br> Contact your school for details! | Wednesday, 20 ${ }^{\text {th }}$ <br> Country Fried Steak and Gravy - Roll OR Popcorn Chicken - Roll <br> Fluffy Whipped Potatoes <br> Seasoned Green Peas <br> Chilled Fruit Choices <br> Low-Fat and Skim Milk Varieties (8 oz.) | Thursday, 21st <br> Beef \& Cheese Nachos <br> Smokey Rib Patty - Bun <br> Buttery Whole Kernel Corn <br> Seasoned Pinto Beans - Tomato Salsa <br> Chilled Fruit Choices <br> Low-Fat and Skim Milk Varieties (8 oz.) | Friday, $\mathbf{2 2}^{\text {nd }}$ <br> Juicy Flame-Broiled Burger - Bun <br> OR Breaded Chicken Filet-Bun <br> Lettuce / Tomato / Pickle Cup <br> Crinkle-Cut Potato Fries <br> Southern Style Baked Beans <br> Chilled Fruit Variety <br> Low-Fat and Skim Milk Varieties (8 oz.) |
| Monday, 25 ${ }^{\text {th }}$ <br> Selfie Pepperoni Pizza <br> OR Beef and Cheese Taco Stick <br> Sweet Potato Waffle Fries <br> Seasoned Green Peas <br> Chilled Fruit Choices <br> Low-Fat and Skim Milk Varieties (8 oz.) | Tuesday, 26 ${ }^{\text {th }}$ <br> Beefy Chili with Beans -Cornbread Bowl <br> OR School Made Cornbread <br> OR Mexican Fiestada Pizza <br> Cheesy Au gratin Potatoes <br> Tender Cooked Baby Carrots <br> Chilled Fruit Choices <br> Low-Fat and Skim Milk Varieties (8 oz.) | Wednesday, 27 $^{\text {th }}$ <br> Jumbo Corn Dog <br> OR Max Cheesy Bread Sticks w/ <br> Marinara Sauce <br> Leafy Spinach with Tomato <br> Seasoned Potato Wedges <br> Chilled Fruit Choices <br> Low-Fat and Skim Milk Varieties (8 oz.) | Thursday, 28 ${ }^{\text {th }}$ <br> School Cafeteria Manager's Choice Contact your school for details! |  |

