



9-12 Grades | Lunch Menu | **October 2024** |

Jackson Madison County School System

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Monday September 30, 2024</b>            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><b>Tuesday, 1<sup>st</sup></b>            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(8oz)            Cookie Treat with meal tray</p>	<p><b>Wednesday, 2<sup>nd</sup></b>            Chicken Tetrizzini - Roll            OR Pepperoni &amp; Cheese Calzone            Steamed Broccoli            Tender Cooked Baby Carrots            Chilled Fruit Choices            Low-Fat and Skim Milk Varieties (8 oz)</p>	<p><b>Thursday, 3<sup>rd</sup></b>            Crispy Chicken Tenders- Roll            OR Selfie Cheese Pizza            Seasoned California Blend            Sweet Potato Waffle Fries            Chilled Fruit Choices            Low-Fat and Skim Milk Varieties (8 oz)</p>	<p><b>Friday, 4<sup>th</sup></b>            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><b>Monday, 7<sup>th</sup></b></p> 	<p><b>Tuesday, 8<sup>th</sup></b></p> 	<p><b>Wednesday, 9<sup>th</sup></b></p> 	<p><b>Thursday, 10<sup>th</sup></b></p> 	<p><b>Friday, 11<sup>th</sup></b></p> 
<p><b>Monday, 14<sup>th</sup></b>            Mini Corn Dog Nuggets            OR Italian Pizza            Seasoned Potato Wedges            Fresh Carrots w/ Ranch Dressing            Chilled Fruit Choices            Low-Fat and Skim Milk Varieties (8oz)</p>	<p><b>Tuesday, 15<sup>th</sup></b>  <b>School Cafeteria Manager's Choice</b>  <b>Contact your school for details!</b>   <b>Additional Daily Offerings ~~</b>  <b>Pizza, Burger, Fresh-Made Salads,</b>  <b>Additional Vegetable Choices...</b></p>	<p><b>Wednesday, 16<sup>th</sup></b>            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><b>Thursday, 15<sup>th</sup></b>            Beefy &amp; Cheese Nachos            Smokey Rib Patty-Bun            Buttery Whole Kernel Corn            Seasoned Pinto Beans Chilled Fruit Choices            Low-Fat and Skim Milk Varieties (8 oz)</p>	<p><b>Friday, 16<sup>th</sup></b>            Juicy Flame-Broiled Burger – Bun            OR Spicy 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><b>Monday, 21<sup>st</sup></b>            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><b>Tuesday, 22<sup>nd</sup></b>            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><b>Wednesday, 23<sup>rd</sup></b>            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><b>Thursday, 24<sup>th</sup></b>            Macaroni &amp; Cheese Entrée' -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><b>Friday, 25<sup>th</sup></b>            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><b>Monday, 28<sup>th</sup></b>            Selfie Pepperoni Pizza            OR Beef and Cheese Taco Stick            Seasoned Potato Wedges            Seasoned Green Peas            Chilled Fruit Choices            Low-Fat and Skim Milk Varieties (8 oz)</p>	<p><b>Tuesday, 29<sup>th</sup></b>            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(8oz)</p>	<p><b>Wednesday, 30<sup>th</sup></b>            Tuna Salad On Hoagie Or Croissant            OR Barbeque Chicken Nachos            Shredded Cheese 1oz.            Buttery Whole Kernel Corn            Seasoned Tuscan Blend            Chilled Fruit Choices            Low-Fat and Skim Milk Varieties (8 oz)</p>	<p><b>Thursday, 31<sup>st</sup></b>            Beef -A-Roni - Roll            School Made Cornbread            OR Mexican Fiesta 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 9-12 Meal Minimum Requirements            2 oz serving of meat/protein            2 oz serving of whole grains            1 cup serving of fruit            1 cup serving of vegetable            1 (8 oz) serving of fluid milk             OFFER VS SERVE &gt;&gt;&gt; Pick ALL 5 or only 3 different items – 1 item needs to be a ½ cup serving of fruit or vegetable</p>