



September 2019

JACKSON COUNTY ELEMENTARY SCHOOL LUNCH

Harvest of the month is **Apples** !

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| 2 | 3 | 4 | 5 | 6 |
| Student & Teacher Holiday | Teacher Workday | HOT DOG – (32) <i>Chicken & Cheese Wrap – (32)</i> BAKED FRIES – (21) Baked Beans – (29) VARIETY FRUIT | BEEF SPAGHETTI – (50) W /ROLL – (27) MOZZARELLA BREAD STICKS -(38) W/MARINARA SAUCE-(4) GREEN BEANS – (3) TOMATO CUCUMBER SALAD (5) VARIETY OF FRUIT | CHEESE PIZZA – (29) DELI SUB – (41) ROMAINE SALAD – (8) BUTTERY CORN – (16) VARIETY OF FRUIT |
| 9 | 10 | 11 | 12 | 13 |
| Oven Fried CHICKEN – (11) BEEF STEAK FINGERS – (12) W/G ROLL 2 OZ.- (27) CREAMED POTATOES –(17) GREEN BEANS – (3) VARIETY OF FRUIT | BEEF TACOS – (18) <i>CHICKEN & CHEESE QUESADILLA-(33)</i> CHESSY REFRIED BEANS –(22) MEXICALI CORN –(15) SALSA 3 OZ. – (4) VARIETY OF FRUIT | PEPPERONI PIZZA – (29) MEATBALL SUB – (41) ROMAINE SALAD – (8) BROCCOLI & CHEESE – (8) VARIETY FRUIT | CHICKEN & WAFFLE DAY-(51) HOT HAM & CHEESE SANDWICH – (31) SYRUP PACK – (31) SWEET POTATO TOTS – (26) VEGGIE CUP – (10) VARIETY OF FRUIT | Ga.Grown Menu Day! BIG DEAL CICKEN SANDWICH –(47) FISH SANDWICH –(47) SWEET POTATO FRIES-(20) ROASTED SQUASH –(20) COLESLAW –(10) FRESH APPLE-(25) FRESH PEACH-(17) APPLE CRUNCH DAY! |
| 16 | 17 | 18 | 19 | 20 |
| <i>CHICKEN SANDWICH – (47)</i> BAR B Q SANDWICH – (44) BAKED BEANS-(29) SWEET POTATO FRIES – (20) VEGGIE CUP-(10) VARIETY OF FRUIT | Beef & Cheese Nachos-(31) <i>Chicken Taco – (33)</i> Black Beans & Corn Roasted – (24) Lettuce & Tomato-(3) Salsa 3oz – (4) VARIETY OF FRUIT | National Cheeseburger Day! CHEESEBURGER – (32) HOT DOG – (32) COLESLAW – (10) BAKED FRIES – (21) VARIETY OF FRUIT | <i>ASIAN CHICKEN – (27)</i> TERIYAKI BEEF – (14) ASIAN RICE – (41) ORIENTAL VEGETABLES – (5) GLAZED CARROTS – (9) VARIETY OF FRUIT | CHEESE PIZZA – (29) DELI SUB – (41) ROMAINE SALAD – (8) BUTTERY CORN – (15) VARIETY FRUIT |
| 23 | 24 | 25 | 26 | 27 |
| <i>POPCORN CHICKEN –(13)</i> BEEF STEAK FINGERS – (12) STEAMED BROCCOLI – (7) BLACK-EYED PEAS – (16) VARIETY OF FRUIT | BEEF & CHEESE BURRITO –(42) <i>CHICKEN QUESADILLA – (33)</i> REFRIED BEANS –(22) SALSA 3oz – (4) LETTUCE & TOMATO SALAD-(3) VARIETY OF FRUIT | <i>CHICKEN SANDWICH – (47)</i> BAR B QUE SANDWICH – (48) SEASONED FRIES – (21) BAKED BEANS – (29) VARIETY OF FRUIT | National Pancake Day! PANCAKES –(27) BISCUIT W/GRAVY – (43) SAUSAGE LINKS – (0) HASHBROWNS – (27) CHERRY TOMATOES – (5) VARIETY OF FRUIT | PEPPERONI PIZZA – (29) MEATBALL SUB – (41) ROMAINE SALAD – (8) BROCCOLI & CHEESE – (8) VARIETY OF FRUIT |
| 30 | | | | |
| CORN DOG – (30) BAR-B Q SANDWICH –(48) BAKED BEANS – (29) COLESLAW –(10) SWEET POTATO FRIES –(20) VARIETY OF FRUIT | | | | |

Items offered : GRAB AND GO

- PB&J SANDWICH OR GRILLED CHEESE
- Assorted Low-Fat or Fat-Free Milk

Notice: Menu subject to change due to market conditions, delivery and food availability.

Meal Prices:

Paid- \$2.10

Reduced- \$0.40

Adult- \$3.50

Other information:

Green color indicates a Georgia Grown Item

Parentheses indicate the carbohydrate amount in grams.
Carbohydrate count for fresh fruit varies from 20-25 grams.

This institution is an equal opportunity provider.