

# Jones County Schools

Lunch 9-12

2018 February

## grades 9-12 Lunch Menu

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|---|--|---|---|--|
|   |  |   | Feb - 1<br><br>Chicken Tenders<br>Chef Salad<br>Variety of Dipping Sau<br>Mashed Potatoes<br>Southern Turnip Green<br>Hushpuppies<br>Fresh Oranges<br>Fresh Apples<br>Sugar Cookie<br>Chocolate Milk<br>Fat Free Milk<br>Vanilla Fat Free Milk<br>Strawberry Milk   | Feb - 2<br><br>John Wayne Casserole<br>Fried Catfish<br>Oven Baked Potato W<br>Baked Beans<br>Fresh Bananas<br>Fresh Apples<br>Fresh Pineapple Cube<br>Chocolate Milk<br>Fat Free Milk<br>Strawberry Milk<br>Low Fat Milk                        |
| Feb - 5<br><br>Stuffed Crust Pizza<br>Mexican Pizza<br>Refried Beans<br>Seasoned Potato Wed<br>Fresh Apples<br>Fruit Crisp<br>Chocolate Milk<br>Strawberry Milk<br>Vanilla Fat Free Milk<br>Low Fat Milk  | Feb - 6<br><br>Spaghetti & Meat Sauce<br>Crispy Toast<br>Turkey and Cheese Wr<br>Corn on the Cob<br>Baby Carrots w/ Dressi<br>Fresh Oranges<br>Fresh Fruit Cup<br>Brownies<br>Chocolate Milk<br>Strawberry Milk<br>Vanilla Fat Free Milk<br>Low Fat Milk | Feb - 7<br><br>Vegetable Beef Soup<br>and Sandwich Combo<br>Shepherd's Pie<br>Yeast Roll<br>Yam Patties<br>Whole Kernel Corn<br>Tangerines<br>Chilled Peach Slices<br>Chocolate Milk<br>Fat Free Milk<br>Strawberry Milk<br>Vanilla Fat Free Milk | Feb - 8<br><br>Chicken Tenders<br>Hamburger Steak w/ G<br>Chicken Tenders Sala<br>Yeast Roll<br>Variety of Dipping Sau<br>Mashed Potatoes<br>Southern Turnip Green<br>Hushpuppies<br>Fresh Grapes<br>Chilled Pear Halves<br>Sugar Cookie<br>Chocolate Milk<br>Fat Free Milk<br>Vanilla Fat Free Milk<br>Strawberry Milk | Feb - 9<br><br>Barbecue Chicken<br>Fried Catfish<br>Yeast Roll<br>Baked Beans<br>Whole Kernel Corn<br>Macaroni and Cheese<br>Fresh Bananas<br>Tropical Fruit<br>Chocolate Milk<br>Strawberry Milk<br>Vanilla Fat Free Milk<br>Low Fat Milk       |
| Feb - 12<br><br>Spaghetti & Meat Sauce<br>Whole Wheat Garlic T<br>BBQ Pork Sandwich<br>Corn on the Cob<br>Baby Carrots w/ Dressi<br>Tossed Salad w/ Dress<br>Fresh Oranges<br>Fresh Fruit Cup<br>Brownies<br>Chocolate Milk<br>Strawberry Milk<br>Vanilla Fat Free Milk<br>Low Fat Milk | Feb - 13<br><br>Stuffed Crust Pizza<br>Red Beans and Rice<br>with Sausage<br>Corn Pudding<br>Green Beans<br>Mexican Cornbread<br>Fresh Apples<br>Mandarin Fruit Cup<br>Chocolate Milk<br>Fat Free Milk<br>Strawberry Milk<br>Vanilla Fat Free Milk       | Feb - 14<br><br>Spicy Chicken Sandwich<br>Sloppy Joe on Bun<br>Crispy Sweet Potato<br>Cubes<br>Baked Beans<br>Fresh Fruit Cup<br>Hot Cinnamon Apples<br>Chocolate Milk<br>Fat Free Milk<br>Vanilla Fat Free Milk<br>Strawberry Milk               | Feb - 15<br><br>Chicken Tenders<br>Chef Salad<br>Saltine Crackers<br>Variety of Dipping Sau<br>Mashed Potatoes<br>Southern Turnip Green<br>Hushpuppies<br>Fresh Oranges<br>Fresh Apples<br>Sugar Cookie<br>Chocolate Milk<br>Fat Free Milk<br>Vanilla Fat Free Milk<br>Strawberry Milk                                  | Feb - 16<br><br>John Wayne Casserole<br>Fried Catfish<br>Oven Baked Potato W<br>Creamy Coleslaw<br>Saltine Crackers<br>Fresh Bananas<br>Tangerines<br>Fresh Pineapple Cube<br>Chocolate Milk<br>Fat Free Milk<br>Strawberry Milk<br>Low Fat Milk |

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

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| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|--|--|--|--|---|
| Feb - 19   | Feb - 20<br><br>Cheeseburger<br>Hot Dog<br>Seasoned Potato Wed<br>Green Beans<br>Fresh Apples<br>Sliced Strawberries<br>Southern Mud<br>Chocolate Milk<br>Fat Free Milk<br>Strawberry Milk<br>Vanilla Fat Free Milk                                      | Feb - 21<br><br>Vegetable Beef Soup<br>and Sandwich Combo<br>Cheesy Chicken Over/<br>Yeast Roll<br>Yam Patties<br>Whole Kernel Corn<br>Applesauce<br>Chilled Peach Slices<br>Chocolate Milk<br>Fat Free Milk<br>Strawberry Milk<br>Vanilla Fat Free Milk | Feb - 22<br><br>Chicken Tenders<br>Hamburger Steak w/ G<br>Grilled Fajita Salad<br>Variety of Dipping Sau<br>Mashed Potatoes<br>Southern Turnip Green<br>Hushpuppies<br>Fresh Grapes<br>Chilled Pear Halves<br>Sugar Cookie<br>Chocolate Milk<br>Fat Free Milk<br>Vanilla Fat Free Milk<br>Strawberry Milk | Feb - 23<br><br>Chicken Fajita Wrap<br>Beef Taco with Soft<br>Tortilla<br>Whole Kernel Corn<br>Tortilla Chips 1oz<br>Cheese Sauce<br>Refried Beans<br>Fresh Bananas<br>Tropical Fruit<br>Chocolate Milk<br>Strawberry Milk<br>Vanilla Fat Free Milk<br>Low Fat Milk |
| Feb - 26<br><br>American Sub Sandwic<br>BBQ Pork Sandwich<br>Southern Green Beans<br>Yam Patties<br>Fresh Kiwi Wedges<br>Tangerines<br>Tart Lemon Squares<br>Chocolate Milk<br>Fat Free Milk<br>Vanilla Fat Free Milk<br>Strawberry Milk | Feb - 27<br><br>Stuffed Crust Pizza<br>Chili Blanco<br>Cheesy Breadstick<br>Corn on the Cob<br>Tossed Salad w/ Dress<br>Tangerines<br>Chilled Pear Halves<br>Sugar Cookie<br>Chocolate Milk<br>Fat Free Milk<br>Strawberry Milk<br>Vanilla Fat Free Milk | Feb - 28<br><br>Taco Soup<br>Grilled Cheese Sandwi<br>Corn Dog Nuggets<br>Cheesy Broccoli<br>TASTY TOTS<br>Fresh Fruit Cup<br>Tropical Fruit<br>Chocolate Milk<br>Fat Free Milk<br>Vanilla Fat Free Milk<br>Strawberry Milk                              |  |   |

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