

Jones County Schools

Lunch 9-12

Sep 27, 2017

2017 October grades 9-12 Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| Oct - 2 BBQ Chicken Flatbrea Beefy Nachos Grande Whole Kernel Corn Pinto Beans Fresh Bananas Chilled Peaches Chocolate Milk Strawberry Milk Vanilla Fat Free Milk Low Fat Milk | Oct - 3 Shepherd's Pie Yeast Roll Mini Hot Dogs Chili Con Carne No Be Criss Cut Sweet Potato Southern Green Beans Fresh Orange Smiles Sliced Strawberries Choclate Chip Cookie Chocolate Milk Strawberry Milk Vanilla Fat Free Milk Low Fat Milk | Oct - 4 Stuffed Crust Pizza Vegetable Beef Soup and Sandwich Combo Cheesy Broccoli Baby Carrots w/ Dressi Chilled Peach Slices Fresh Apples Chocolate Milk Strawberry Milk Vanilla Fat Free Milk Low Fat Milk | Oct - 5 Chicken Tenders Variety of Dipping Sau Chef Salad Yeast Roll Mashed Potatoes with Cheese Lima Beans Fresh Pineapple Cube Sliced Strawberries Chocolate Milk Strawberry Milk Vanilla Fat Free Milk Low Fat Milk | Oct - 6 Loaded Baked Potato with Chicken and Ham Corn Dog Nuggets Spicy Fries Whole Kernel Corn Fresh Bananas Blueberries with Whipp Topping Chocolate Milk Strawberry Milk Vanilla Fat Free Milk Low Fat Milk |
| Oct - 9 | Oct - 10 | Oct - 11 Turkey & Cheese Ho Sausage and Biscuit Chicken Salad w/Crack Assorted Jellies Hot Grits Tater Tots Assorted Vegetable Jui Fresh Kiwi Wedges Blushing Chilled Pears Chocolate Milk Strawberry Milk Vanilla Fat Free Milk Low Fat Milk | Oct - 12 Chef Salad Chicken Tenders Variety of Dipping Sau Steak Fingers Southern Turnip Green Macaroni and Cheese Yam Patties Hushpuppies Chilled Diced Pears Fresh Grapes Chocolate Milk Strawberry Milk Vanilla Fat Free Milk Low Fat Milk | Oct - 13 Chicken Tenders Sala Boneless Buffalo Hot Wings John Wayne Casserole Baked Beans Oven Baked Potato W Fresh Strawberries Chilled Peach Slices Choclate Chip Cookie Chocolate Milk Strawberry Milk Vanilla Fat Free Milk Low Fat Milk |
| Oct - 16 Cheesy Chicken Over/ Yeast Roll BBQ Chicken Sandwic Spicy Fries Southern Green Beans Applesauce Chilled Peaches Chocolate Milk Strawberry Milk Vanilla Fat Free Milk Low Fat Milk | Oct - 17 Spaghetti & Meat Sauc Crispy Toast Spicy Chicken Sandwic Corn on the Cob Baby Carrots w/ Dressi Chilled Peach Slices Fresh Oranges Brownies Chocolate Milk Strawberry Milk Vanilla Fat Free Milk Low Fat Milk | Oct - 18 Taco Soup Saltine Crackers Assorted Sandwiches Stuffed Crust Pizza Criss Cut Sweet Potato Green Peas Blushing Chilled Pears Tropical Fruit Chocolate Milk Fat Free Milk Strawberry Milk Vanilla Fat Free Milk | Oct - 19 Chicken Tenders Variety of Dipping Sau Chef Salad Brown Gravy Mashed Potatoes Southern Turnip Green Hushpuppies Pear and Kiwi Medley Fresh Pineapple Cube Chocolate Milk Strawberry Milk Vanilla Fat Free Milk Low Fat Milk | Oct - 20 Chicken Tenders Sala Sloppy Joe on Bun Corn Dog Nuggets Baked Beans Criss Cut Sweet Potato Fresh Bananas Frozen Fruit Juice Cup Chocolate Milk Strawberry Milk Vanilla Fat Free Milk 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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| Oct - 23 Chicken Egg Rolls Sweet and Sour Sauce Mandarin Chicken Stir Fried Rice Oven Baked Potato W Steamed Carrots Frozen Fruit Juice Cup Fresh Grapes Assorted Puddings Chocolate Milk Strawberry Milk Vanilla Fat Free Milk Low Fat Milk | Oct - 24 Stuffed Crust Pizza BBQ Chicken Flatbrea Southern Green Beans Spicy Fries Mandarin Fruit Cup Fresh Apples Sugar Cookie Chocolate Milk Strawberry Milk Vanilla Fat Free Milk Low Fat Milk | Oct - 25 Cheeseburger Spicy Fries Chicken and Sausage Gumbo over Rice Cheesy Breadstick Broccoli Salad Sliced Strawberries Fresh Oranges Chocolate Milk Fat Free Milk Strawberry Milk Vanilla Fat Free Milk | Oct - 26 Chef Salad Chicken Tenders Variety of Dipping Sau Cornbread Mashed Potatoes with Cheese Southern Turnip Green Tropical Fruit Fresh Bananas Chocolate Milk Strawberry Milk Vanilla Fat Free Milk Low Fat Milk | Oct - 27 Steak Fingers BBQ Rib Sandwich Steamed Brown Rice Brown Gravy Yeast Roll Seasoned Potato Wed Assorted Vegetable Jui Fresh Bananas Banana Berry Blend Chocolate Milk Strawberry Milk Vanilla Fat Free Milk Low Fat Milk |
| Oct - 30 Chicken Nuggets Variety of Dipping Sau Bacon Cheese Burger French Fries Field Peas Yeast Roll Chilled Peaches Fresh Oranges Chocolate Milk Strawberry Milk Vanilla Fat Free Milk Low Fat Milk | Oct - 31 Hamburger Steak w/ G Yeast Roll Steamed Brown Rice Corn Dog Crinkle Cut Fries Cheesy Broccoli and Cauliflower Fresh Apples Fresh Oranges Chocolate Chip Cookie Chocolate Milk Strawberry Milk Vanilla Fat Free Milk Low Fat Milk | | | |

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