

Jones County Schools

Lunch K-8

Sep 26, 2018

2018 October

K- 8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 1 Chicken Tender Sand with pickles Stuffed Crust Pizza Spicy Fries Whole Kernel Corn Fresh Oranges Chocolate Milk Strawberry Milk Vanilla Fat Free Milk Low Fat Milk	Oct - 2 Cheesy Turkey Over/R Yeast Roll Meatballs in Marinara Sauce on Hoagie Bun Baby Carrots w/ Dressi Crinkle Cut Fries Green Beans with Potatoes Fresh Apples Chocolate Milk Strawberry Milk Vanilla Fat Free Milk Low Fat Milk	Oct - 3 Cheeseburger Chicken and Sausage Gumbo over Rice Cheesy Breadstick Spicy Fries Broccoli Salad Fresh Pineapple Cube Chilled Pear Halves Chocolate Milk Strawberry Milk Vanilla Fat Free Milk Low Fat Milk	Oct - 4 Chicken Tenders Variety of Dipping Sau Grilled Fajita Salad Saltine Crackers Southern Turnip Green Macaroni and Cheese Yam Patties Hushpuppies Fresh Grapes Fresh Cantaloupe Cub Chocolate Milk Strawberry Milk Vanilla Fat Free Milk Low Fat Milk	Oct - 5 Grilled Turkey Cheese Barbecue Chicken Yeast Roll Baked Sweet Potato w/ Margarine Green Peas Apple and Orange We Fruit Crisp Chocolate Milk Strawberry Milk Vanilla Fat Free Milk Low Fat Milk
Oct - 8	Oct - 9 Stuffed Crust Pizza Lada Burrito with Bean Southern Green Beans Seasoned Potato Wed Fresh Plums Mandarin Fruit Cup Cookie, Carnival Chocolate Milk Strawberry Milk Vanilla Fat Free Milk Low Fat Milk	Oct - 10 Nacho Bites with Nach Cheese Sauce Pulled Pork Nachos Spicy Fries Whole Kernel Corn Chilled Diced Pears Fresh Peaches Chocolate Milk Fat Free Milk Strawberry Milk Vanilla Fat Free Milk	Oct - 11 Chicken Tenders Chicken Tenders Sala Saltine Crackers Variety of Dipping Sau Mashed Potatoes Southern Turnip Green Hushpuppies Fresh Oranges Sugar Cookie Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk	Oct - 12 Turkey & Cheese Ho Creamy Coleslaw Fresh Apples Chocolate Milk Fat Free Milk Strawberry Milk Low Fat Milk
Oct - 15 Cheesy Turkey Over/R Yeast Roll BBQ Pork Sandwich Southern Green Beans Yam Patties Chilled Peaches Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk	Oct - 16 Chicken Nuggets Spaghetti & Meat Sauc Cheesy Breadstick Black-Eyed Peas Steamed Carrots Fruit Cocktail Chocolate Milk Fat Free Milk Strawberry Milk Vanilla Fat Free Milk	Oct - 17 Corn Dog Nuggets Sliced Turkey with Gra Steamed Brown Rice Yeast Roll Cheesy Broccoli and Cauliflower Whole Kernel Corn Sliced Strawberries Fresh Pineapple Cube Cookie, Carnival Chocolate Milk Fat Free Milk Strawberry Milk Vanilla Fat Free Milk	Oct - 18 Chicken Tenders Chef Salad Saltine Crackers Variety of Dipping Sau Mashed Potatoes Brown Gravy Southern Turnip Green Hushpuppies Chilled Diced Pears Sugar Cookie Chocolate Milk Fat Free Milk Vanilla Fat Free Milk Strawberry Milk	Oct - 19 Sausage and Biscuit Grilled Turkey Cheese Tater Tots Grits with Cheese Assorted Vegetable Jui Fresh Bananas Chocolate Milk Fat Free Milk Strawberry 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.

Jones County Schools

Lunch K-8

2018 October

K- 8 Lunch Menu

Sep 26, 2018

Page 2

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 22 Cheeseburger Corn Dog Nuggets Black-Eyed Peas Whole Kernel Corn Chilled Diced Peas Chocolate Milk Strawberry Milk Vanilla Fat Free Milk Low Fat Milk	Oct - 23 Turkey and Cheese Wr Beefy Nachos Grande Spicy Fries Southern Green Beans Tropical Fruit Chocolate Milk Strawberry Milk Vanilla Fat Free Milk Low Fat Milk	Oct - 24 Beef Ravioli Grilled Turkey Cheese Vegetable Beef Soup and Sandwich Combo Broccoli Salad Peas and Carrots Frozen Fruit Juice Cup Chocolate Milk Strawberry Milk Vanilla Fat Free Milk Low Fat Milk	Oct - 25 Chicken Tenders Variety of Dipping Sau Chef Salad Saltine Crackers Yeast Roll Mashed Potatoes with Cheese Lima Beans Pineapple Tidbits Fresh Strawberries Chocolate Milk Strawberry Milk Vanilla Fat Free Milk Low Fat Milk	Oct - 26 Boneless Buffalo Hot Wings Cheesy Breadstick Mini Hot Dogs Criss Cut Sweet Potato Southern Green Beans Fresh Oranges Assorted Puddings Chocolate Milk Fat Free Milk Strawberry Milk Vanilla Fat Free Milk
Oct - 29 Stuffed Crust Pizza Chili Cheese Fries Southern Green Beans Garden Salad W/Dressing Mandarin Fruit Cup Sugar Cookie Chocolate Milk Strawberry Milk Vanilla Fat Free Milk Low Fat Milk	Oct - 30 Chicken Tender Sand with pickles Mexican Pizza Baked Beans Spicy Fries Fruit Crisp Chocolate Milk Strawberry Milk Vanilla Fat Free Milk Low Fat Milk	Oct - 31 Loaded Baked Potato with Chicken and Ham Cheesy Breadstick Corn Dog Nuggets Cheesy Broccoli Whole Kernel Corn Fresh Pineapple Cube Fresh Bananas 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.