

OCTOBER | 2024



JACKSON INTERMEDIATE AND LAKEWOOD ELEMENTARY SCHOOLS

Chef Salad is offered daily as a 3rd choice

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>30 #1 Chicken Nuggets #2 P.B. and Jelly Pocket Celery w/ Ranch Fruit Milk</p>	<p>1 #1 Pancakes w/ Sausage Links #2 P.B. and Jelly Pocket Tater Tots Fruit Juice Milk</p>	<p>2 #1 Pizza #2 P.B. and Jelly Pocket Steamed Corn Fruit Milk</p>	<p>3 #1 Hot Dog #2 P.B. and Jelly Pocket Baked Beans Rice Krispie Treat Fruit Milk</p>	<p>4 #1 Pizza Sub #2 P.B. and Jelly Pocket Tossed Romaine Salad Fruit Milk</p>
<p>7 #1 Popcorn Chicken w/ Rice #2 P.B. and Jelly Pocket Steamed California Blend Fruit Milk</p>	<p>8 #1 Soft Taco #2 P.B. and Jelly Pocket Refried Beans Fruit Cookie Milk</p>	<p>9 #1 Pizza #2 P.B. and Jelly Pocket Cucumbers w/ Ranch Fruit Milk</p>	<p>10 #1 Bosco Stix w/ Marinara #2 P.B. and Jelly Pocket Steamed Green Beans Fruit Milk</p>	<p>11 #1 Hamburger w/ Cheese Slice #2 P.B. and Jelly Pocket Baked French Fries Fruit Milk</p>
<p>14 #1 Chicken Patty Sandwich #2 P.B. and Jelly Pocket Baked French Fries Fruit Milk</p>	<p>15 #1 Ravioli w/ Breadstick #2 P.B. and Jelly Pocket Tossed Romaine Salad Fruit Milk</p>	<p>16 #1 Pizza #2 P.B. and Jelly Pocket Carroteenies w/ Ranch Fruit Ice Cream Milk</p>	<p>17 #1 Hot Italian Sub #2 P.B. and Jelly Pocket Steamed Broccoli Fruit Milk</p>	<p>18 NO SCHOOL</p>
<p>21 NO SCHOOL</p>	<p>22 #1 Walking Taco #2 P.B. and Jelly Pocket Refried Beans Fruit Cookie Milk</p>	<p>23 #1 Pizza #2 P.B. and Jelly Pocket Steamed Corn Fruit Milk</p>	<p>24 #1 Baked Spaghetti w/ Breadstick #2 P.B. and Jelly Pocket Tossed Romaine Salad Fruit Milk</p>	<p>25 #1 Hamburger w/ Cheese Slice #2 P.B. and Jelly Pocket Baked French Fries Fruit Milk</p>
<p>28 #1 Chicken Strips #2 P.B. and Jelly Pocket Baked Beans Fruit Milk</p>	<p>29 #1 Macaroni and Cheese w/ Dinner Roll #2 P.B. and Jelly Pocket Steamed Broccoli Fruit Milk</p>	<p>30 #1 Pizza #2 P.B. and Jelly Pocket Cucumbers w/ Ranch Fruit Milk</p>	<p>31 #1 Shredded Chicken Sandwich #2 P.B. and Jelly Pocket Baked French Fries Fruit Halloween Cookie Milk</p>	<p>1 #1 Bosco Stix w/ Marinara #2 P.B. and Jelly Pocket Steamed Green Beans Fruit Milk</p>

ALL STUDENT MEALS ARE FREE
Adult Lunch-\$4.00
Adult Breakfast-\$2.00
Extra Milk-\$.50

BREAKFAST MENU
 DAILY CHOICES MAY INCLUDE:
 Eggo Pancakes/Waffles
 Tony's Breakfast Pizza
 Egg and Cheese Omelet/Toast
 Assorted Kellogg Cereals
 Whole Grain Pastries
 Whole Grain Pop Tarts
 Cereal Bars
 Warm Breakfast Sandwiches
 Cheese Stick
 Yogurt Cup
 Cocoa bar
 Texas Toast

Fruit, Milk and Juice are offered with all breakfast entrees.

Students who eat breakfast are more likely to maintain a healthy weight and are able to concentrate better in class. Feed your body the right fuel to perform your best!!

ALL GRAINS SERVED ARE MADE FROM WHOLE GRAINS

Carroteenies offered daily as a second vegetable choice for lunch