

Jackson County Early College, Jackson Community School & Catamount School

October 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>7) Berry Bread Diced Peaches</p> <p>Mini Corn Dogs Smile Fries Glazed Carrots Applesauce Cup</p>	<p>1 Yogurt, Blueberries Granola</p> <p>Spaghetti w/ meat sauce Parmesan Roasted Broccoli Caesar Salad Garlic Bread Fresh Grapes</p>	<p>No School</p>	<p>3 Frudel Sliced Peaches</p> <p>Turkey, Ham & Cheese Sandwich Lettuce & Tomato Baked Chips Fresh Apple</p>	<p>4 Oatmeal Bun Fresh Apple</p> <p>Pizza Seasoned Green Beans Carrot Coins w/ dip Mixed Fruit Cookie</p>
<p>1) Dunkin Stick Diced Pears</p> <p>Mandarin Orange Chicken Stir Fry Mixed Vegetables Egg Roll Whole Grain Rice Mandarin Oranges</p>	<p>8 PB & J Uncrustable Applesauce Cup Taco Salad Salsa, Onion, Lettuce, Cheese Sauce Whole Kernel Corn Seasoned Pinto Beans Pineapple Tidbits</p>	<p>9 Cereal Pineapple Tidbits</p> <p>Ravioli Garden Salad w/dressing Roasted Broccoli w/ cheese Breadstick Fresh Banana</p>	<p>10 Breakfast Pastry Banana</p> <p>Chicken Sandwich Lettuce, Tomato, Pickles Oven Baked Fries Grape Tomatoes w/ dip Apple Slices</p>	<p>11 Bagel w/ cream cheese Apple Slices Fresh Bread Pizza Marinara Sauce Caesar Salad Cucumber Slices w/ dip Berry Medley w/ whip topping</p>
<p>2) Cereal Applesauce cup</p> <p>Chicken Nuggets Mashed Potatoes Seasoned Green Beans Southern Style Biscuit Blueberries w/ whip topping</p>	<p>15 Cereal Mandarin Oranges</p> <p>Hot Dog w/ or w/out chili Cole Slaw Baked Beans Tater Tots Diced Peaches</p>	<p>16 Muffin Diced Peaches</p> <p>Chicken Parmesan w/ rotini Breadstick Roasted Zucchini & Squash Fresh Oranges Slices</p>	<p>17 No School</p>	<p>18 No School</p>
<p>3) Oatmeal Bun Berry Medley</p> <p>Salisbury Steak Mashed Potatoes w/ gravy Seasoned Peas Southern Style Biscuit Cinnamon Applesauce</p>	<p>21 Cereal Applesauce cup</p> <p>Chicken Nuggets Mashed Potatoes Seasoned Green Beans Southern Style Biscuit Blueberries w/ whip topping</p>	<p>22 Yogurt, Blueberries Granola</p> <p>Spaghetti w/ meat sauce Roasted Parmesan Broccoli Caesar Salad Garlic Bread Fresh Grapes</p>	<p>23 Cherry Frudel Fresh Grapes</p> <p>Chicken Empanada Charro Beans Fiesta Lime Corn Mandarin Oranges</p>	<p>24 Cinnamon Bun Mandarin Oranges</p> <p>Chicken Poppers Roasted Potatoes Seasoned Collard Greens Yeast Roll Sliced Peaches</p>
<p>28 Oatmeal Bun Berry Medley</p> <p>Salisbury Steak Mashed Potatoes w/ gravy Seasoned Peas Southern Style Biscuit Cinnamon Applesauce</p>	<p>29 Berry Bread Cinnamon Applesauce</p> <p>Ham & Cheese Sub Lettuce & Tomato Broccoli Florets w/ dip Baked Chips Banana</p>	<p>30 Breakfast Bar Banana</p> <p>BBQ Sandwich Baked Beans Cole Slaw Tater Tots Fresh Orange Slices</p>	<p>31 Cereal Fresh Orange Slices</p> <p>Witch Fingers w/ dip Ghostly Green Beans Frightening Fries Craisins Dirt Cup with Worms</p>	<p>25 PB & J Uncrustable Sliced Peaches</p> <p>Pizza Seasoned Green Beans Carrot Coins w/ dip Fresh Apple Cookie</p>

Breakfast Meal Components:
Entrée, Grain/Bread, Fruit, Juice, & Milk

Additional Weekly Breakfast Options (Rotated):
Fruit & Yogurt Parfaits
Peanut Butter Cup & Graham Crackers
Bagel & Cream Cheese
Boiled Egg & Cheese Stick & Cinnamon Bread

Lunch:
Entrée, Grain/Bread, Vegetable, Fruit, Milk

Additional Daily Lunch Options:
PB&J, Chef Salad, Pizza Bistro Box & Yogurt Plate

USDA Regulations:
**Students must take 1/2 cup fruit or 1/2 cup vegetable with breakfast & lunch



ITEMS IN RED ARE NC FARM TO SCHOOL (F2S)

This program, coordinated by the North Carolina Department of Agriculture and Consumer Services (NCDA&CS), offers seasonal produce for schools to purchase.

Menus are subject to change according to product availability & weather.

"USDA is an equal opportunity provider and employer"

Did you know?

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National Fire Prevention Week falls during the week of October 9th each year. It commemorates the Great Chicago Fire of 1871.