

# October 2024 Jackson County Public Schools



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

3) Berry Bread  
Diced Peaches **7**

Mini Corn Dogs  
Smile Fries  
Glazed Carrots  
Applesauce Cup

1) Pancakes w/ syrup  
Diced Pears **14**

Mandarin Orange Chicken  
Stir Fry Mixed Vegetables  
Egg Roll  
Whole Grain Rice  
Mandarin Oranges

2) Waffles w/ syrup  
Applesauce cup **21**

Chicken Nuggets  
Mashed Potatoes  
Seasoned Green Beans  
Southern Style Biscuit  
**Blueberries** w/ whip topping

3) Piggie stick w/ syrup  
**Berry Medley** **28**

Salisbury Steak  
Mashed Potatoes w/ gravy  
Seasoned Peas  
Southern Style Biscuit  
Cinnamon Applesauce

Yogurt, **Blueberries**  
Granola **1**

Spaghetti w/ meat sauce  
Parmesan Roasted Broccoli  
Caesar Salad  
Garlic Bread  
Fresh Grapes

Sausage Biscuit &  
Applesauce Cup **8**

Taco Salad  
Salsa, Onion,  
Lettuce, Cheese Sauce  
Whole Kernel Corn  
Seasoned Pinto Beans  
Pineapple Tidbits

Chicken Biscuit & Mandarin  
Oranges **15**

Hot Dog w/ or w/out chili  
Cole Slaw  
Baked Beans  
Tater Tots  
Diced Peaches

Yogurt, **Blueberries**  
Granola **22**

Spaghetti w/ meat sauce  
Roasted Parmesan Broccoli  
Caesar Salad  
Garlic Bread  
Fresh Grapes

Berry Bread  
Cinnamon Applesauce **29**

Hot Ham & Cheese Sub  
Broccoli Florets w/ dip  
Roasted Potatoes  
Banana

No School

French Toast Sticks w/ syrup  
Pineapple Tidbits **9**

Ravioli  
Garden Salad w/dressing  
Roasted Broccoli w/ cheese  
Breadstick  
Fresh Banana

Breakfast Pizza  
Diced Peaches **16**

Chicken Parmesan  
w/ rotini  
Breadstick  
Roasted Zucchini & Squash  
Fresh Oranges Slices

Cherry Frudel  
Fresh Grapes **23**

Chicken Empanada  
Charro Beans  
Fiesta Lime Corn  
Mandarin Oranges

Breakfast Pizza &  
Banana **30**

BBQ Sandwich  
Baked Beans  
Cole Slaw  
Tater Tots  
Fresh Orange Slices

Chicken Biscuit  
Sliced Peaches **3**

Turkey, Ham & Cheese  
Sandwich  
Lettuce & Tomato  
Baked Chips  
**Fresh Apple**

Omelet, Sausage Patty,  
Croissant, Banana **10**

Chicken Sandwich  
Lettuce, Tomato, Pickles  
Oven Baked Fries  
**Grape Tomatoes w/ dip**  
**Apple Slices**

No School **17**

Sausage Biscuit  
Mandarin Oranges **24**

Chicken Poppers  
Roasted Potatoes  
**Seasoned Collard Greens**  
Yeast Roll  
Sliced Peaches

Chicken Biscuit  
Fresh Orange Slices **31**

Witch Fingers w/ dip  
Ghostly Green Beans  
Frightening Fries  
Craisins  
Dirt Cup with Worms

Biscuit & Gravy  
**Fresh Apple** **4**

Pizza  
Seasoned Green Beans  
Carrot Coins w/ dip  
Mixed Fruit  
Cookie

Biscuit & Gravy  
**Apple Slices** **11**

Fresh Bread Pizza  
Marinara Sauce  
Caesar Salad  
Cucumber Slices w/ dip  
**Berry Medley**  
w/ whip topping

No School **18**

Biscuit & Gravy  
Sliced Peaches **25**

Pizza  
Seasoned Green Beans  
Carrot Coins w/ dip  
**Fresh Apple**  
Cookie

## Did you know?

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

**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"