

OCTOBER 2019

Jackson County Central VPK & Head Start

Lunch is served with
¼ cup of vegetable and
¼ cup of fruit daily

LUNCH MENU

Monday

Tuesday

Wednesday

Thursday

Friday

Pizza Variety **1**
Cooked Broccoli
Chilled Peaches
Milk

Hamburger on a bun **2**
French Fries
Chilled Pears
Milk

Beef & Cheese **3**
Softshell Tacos
Spanish Rice
Fiesta Beans
Chilled Pineapple
Milk

Chicken Tenders with **4**
Garlic Toast
Roasted Vegetable Blend
Fruit Variety
Milk

Hot Dog on a Bun **7**
Baked Beans
Chilled Applesauce
Milk

Chicken Alfredo Pasta **8**
With Garlic Toast
Romaine Caesar Salad
Apple Wedges
Milk

Pancake & Sausage Bites **9**
Cheesy Hashbrown Potatoes
Orange Wedges
Milk

Mandarin Orange Chicken **10**
"Fried" Rice
Stir Fry Vegetables
Chilled Mandarin Oranges
Milk

Deli Ham & Cheese **11**
on a Pretzel Bun
Sweet Potato Fries
Fruit Variety
Milk

Crispy Pork Sandwich **14**
Baby Carrots
Chilled Mixed Fruit
Milk

French Bread Pizza with **15**
Marinara Sauce
Romaine Caesar Salad
Chilled Peaches
Milk

Corn Dog **16**
Creamy Coleslaw
Chilled Pears
Milk

17
MEA
NO SCHOOL

18
MEA
NO SCHOOL

Cheese Quesadilla **21**
Cheesy Refried Beans
Chilled Applesauce
Milk

Chicken Strips with **22**
Garlic Toast
Sweet Potato Fries
Apple Wedges
Milk

Sloppy Joe Sandwich **23**
Cooked Green Beans
Orange Wedges
Milk

BBQ Rib Sandwich **24**
Roasted Vegetable Blend
Chilled Pineapple
Milk

Stuffed Crust Pizza Variety **25**
Whole Kernel Corn
Fruit Variety
Milk

Teriyaki Chicken Dippers **26**
with Seasoned Brown Rice
Stir Fry Veggies
Chilled Mixed Fruit
Milk

Bosco Stick with **29**
Cheese Stick
Marinara Sauce
Roasted Broccoli
Chilled Peaches
Milk

Grilled Chicken Sandwich **30**
French Fries
Chilled Pears
Milk

Chicken Nuggets with **31**
Dinner Roll
Seasoned Peas
Chilled Mandarin Oranges
Milk



This institution is an equal opportunity provider. Menus are subject to change.

