

JACKSBORO INDEPENDENT SCHOOL DISTRICT

Jacksboro Middle School Breakfast & Lunch Menus

Monday	Tuesday	Wednesday September 1st, 2010	Thursday September 2nd, 2010	Friday September 3rd, 2010
		Golden Waffles "Coca Puffs" Cereal Bowl Majestic Pears, Juice, Milk Beef & Bean Burrito or Garden Pasta Salad or Energy Meal w/Ham & Cheese Mexicali Corn, Spanish Rice, Majestic Pears, Carrot Sticks, Cookie, Slushy, Milk	Biscuit w/Sausage Gravy "Lucky Charms" Cereal Bowl Mandarin Oranges, Juice, Milk Tyson Chicken Tenders or Crispy Chicken Salad or Energy Meal w/Turkey & Cheese Mashed Potatoes, Pinto Beans, Hot Roll, Mandarine Oranges, Slushy, Milk or Water	Pancake Sausage on a Stick or "Trix" Cereal Bowl Strawberry Jell-O, Juice, Milk Tony's Pizza or Chef Salad or Energy Meal w/Po-Boy Dinner Roll, Broccoli Cheese & Rice, Lime Jell-O, Chocolate Chip Cookies, Slushy, Milk
Monday September 6th, 2010	Tuesday September 7th, 2010	Wednesday September 8th, 2010	Thursday September 9th, 2010	Friday September 10th, 2010
NO SCHOOL	Biscuits w/Sausage Gravy or "Lucky Charms" Cereal Bowl Apricots, Juice, Milk Chicken Patty on a Bun or Grilled Chicken Salad or Energy Meal w/Turkey & Cheese Seasoned Green Beans, Tossed Green Salad, Apricots Crisp, Slushy, Milk	Cinnamon Roll or "Cinn. Toast Crunch" Cereal Bowl Majestic Pears, Juice, Milk Cheese Enchiladas or Garden Pasta Salad or Energy Meal w/Ham & Cheese Spanish Rice, Charra Beans, Majestic Pears, Cookie, Slushy, Milk	Biscuit w/Sausage Patty or "Cocoa Puffs" Cereal Bowl Mandarine Oranges, Juice, Milk "Ball Park Hot Dogs or Crispy Chicken Salad or Energy Meal w/Turkey & Cheese Baked Beans, Curly Fries Pasta Salad, Madarine Oranges, Slushy, Milk	Breakfast Biscuit w/Egg or "Trix" Cereal Bowl Blueberry Jello, Juice, Milk Tony's Pizza or Chef Salad or Energy Meal w/Po-Boy Hot Roll, Broccoli Cheese & Rice, Blueberry Jello, Chocolate Chip Cookie, Slushy, Milk
Monday September 13th, 2010	Tuesday September 14th, 2010	Wednesday September 15th, 2010	Thursday September 16th, 2010	Friday September 17th, 2010
Biscuits w/Sausage Gravy or "Golden Grahams" Cereal Bowl Applesauce, Juice, Milk Chef Boyardee Ravioli or Italian Antipasto Salad w/Salami or Energy Meal w/Bologna & Cheese Hot Roll, Green Peas, Cookie, Original Applesauce, Slushy, Milk	Pancakes w/Syrup or "Lucky Charms" Cereal Bowl Apricots, Juice, Milk Frito Chili Pie or Grilled Chicken Salad or Energy Meal w/Turkey & Cheese Seasoned Green Beans, Sliced Carrots, Apricot Crisp, Celery Dippers Slushy, Milk or Water	Golden Waffles "Coca Puffs" Cereal Bowl Majestic Pears, Juice, Milk Soft Chicken Tacos or Garden Pasta Salad or Energy Meal w/Ham & Cheese Spanish Rice, Mexicali Corn, Lettuce & Cheese, Majestic Pears, Cookie, Slushy, Milk	Biscuit w/Sausage Gravy "Lucky Charms" Cereal Bowl Mandarin Oranges, Juice, Milk Famous "Sloppy Joe" or Crispy Chicken Salad or Energy Meal w/Turkey & Cheese Macaroni & Cheese, Baked Beans, Broccoli Raisin Salad, Mandarin Oranges, Slushy, Milk or Water	Pancake Sausage on a Stick or "Trix" Cereal Bowl Strawberry Jello, Juice, Milk Tony's Pizza or Chef Salad or Energy Meal w/Po-Boy Broccoli & Cheese Rice, Hot Roll, Strawberry Jell-O, Chocolate Chip Cookie, Slushy, Milk
Monday September 20th, 2010	Tuesday September 21st, 2010	Wednesday September 22nd, 2010	Thursday September 23rd, 2010	Friday September 24th, 2010
Pork Sausage Biscuit or "Golden Graham" Cereal Bowl Applesauce, Juice, Milk Steak Fingers w/Gravy or Italian Antipasta w/Salami or Energy Meal w/Bologna & Cheese Green Beans, Tossed Salad, Mashed Potatoes, Roll, Chocolate Chip Cookie, Original Applesauce, Juice, Milk	Tony's Breakfast Pizza or "Lucky Charms" Cereal Bowl Apricots, Juice, Milk Tyson Chicken Patty w/Gravy or Grilled Chicken Salad or Energy Meal w/Turkey & Cheese Scalloped Potatoes, Carrot Sticks, Whole Kernal Corn, Apricot Crisp, Slushy, Milk or Water	Cinnamon Roll or "Cinn. Toast Crunch" Cereal Bowl Majestic Pears, Juice, Milk Chicken Fajitas or Garden Pasta Salad or Energy Meal w/Ham & Cheese Spanish Rice, Charra Beans, Lettuce & Cheese, Majestic Pears, Cookie, Slushy, Milk	Biscuit w/Sausage Patty or "Cocoa Puffs" Cereal Bowl Mandarin Oranges, Juice, Milk Cheeseburger or Crispy Chicken Salad or Energy Meal w/Turkey & Cheese Dill Pickle Spears, Baked Beans, Seaseoned French Fries, Mandarine Oranges, Slushy, Milk	Tyson Chicken on a biscuit or "Trix" Cereal Bowl Orange Jello, Juice, Milk Tony's Pizza or Chef Salad or Energy Meal w/Po-Boy Dinner Roll, Broccoli Cheese & Rice, Orange Jell-O, Chocolate Chip Cookies, Slushy, Milk
Monday September 28th, 2010	Tuesday September 29th, 2010	Wednesday September 30th, 2010	Thursday September 31st, 2010	Friday
Biscuits w/Sausage Gravy or "Golden Grahams" Cereal Bowl Applesauce, Juice, Milk Italian Spaghetti w/Meat Sauce Italian Antipasto Salad w/Salami or Energy Meal w/Bologna & Cheese Hot Roll, Green Beans, Chocolate Chip Cookie Original Applesauce, Slushy, Milk	Pancakes w/Syrup or "Lucky Charms" Cereal Bowl Apricots, Juice, Milk Corn Dog or Grilled Chicken Salad or Energy Meal w/Turkey & Cheese Macaroni & Cheese, Baked Beans, Celery Dippers, Apricot Crisp, Slushy, Milk or Water	Golden Waffles "Coca Puffs" Cereal Bowl Majestic Pears, Juice, Milk Beef & Bean Burrito or Garden Pasta Salad or Energy Meal w/Ham & Cheese Mexicali Corn, Spanish Rice, Majestic Pears, Carrot Sticks, Cookie, Slushy, Milk	Biscuit w/Sausage Gravy "Lucky Charms" Cereal Bowl Mandarin Oranges, Juice, Milk Tyson Chicken Tenders or Crispy Chicken Salad or Energy Meal w/Turkey & Cheese Mashed Potatoes, Pinto Beans, Hot Roll, Mandarine Oranges, Slushy, Milk or Water	
GO TIGERS!	GO TIGERETTES!	CHILD NUTRITION DEPARTMENT "MENU SUBJECT TO CHANGE" *Meal Benefit Applications * are available in the school cafeteria or office. For more information on the School Nutrition Department, please visit our website at www.Jacksboroisd.net . Menus are subject to change. In accordance with Federal law & U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.		