

# JACKSON ACADEMY | LOWER SCHOOL

October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <b>Cheese Pizza</b> Steamed Carrots Fresh Fruit <b>OR</b> <b>Tuna on White</b> Pretzels Fresh Fruit
4 <b>Chicken Tenders</b> Mashed Potatoes Steamed Broccoli Fresh Fruit <b>OR</b> <b>Hummus Lunch Pak</b> with Pita Chips, Edamame and Strawberries	5 <b>Beef Soft Tacos</b> Fiesta Rice Mexican Corn Banana <b>OR</b> <b>Ham &amp; Cheese Hoagie</b> Housemade Chips Banana	6 <b>Pancakes</b> Scrambled Eggs Sausage Patty Grapes <b>OR</b> <b>Turkey &amp; Cheese Wrap</b> <b>Lunch Pak</b> Edamame, Cheese Cubes, Grapes	7 <b>Fried Chicken Leg</b> Mashed Potatoes Broccoli & Cheese Orange Wedges <b>OR</b> <b>Cheese Sandwich</b> Orange Wedges Chocolate Chip Cookie	8 <b>Cheese Pizza</b> Squash Medley Fresh Fruit <b>OR</b> <b>Turkey on Croissant</b> Pretzels Fresh Fruit
11 <b>Fall Holiday</b>	12 <b>Mini Corn Dogs</b> Green Beans Blackeyed Peas Rosy Applesauce <b>OR</b> <b>Ham &amp; Cheese on Wheat</b> Goldfish Rosy Applesauce	13 <b>French Toast Sticks</b> Scrambled Eggs Sausage Patty Banana <b>OR</b> <b>Roast Beef &amp; Cheese on Croissant</b> Oatmeal Cookie Banana	14 <b>Spaghetti &amp; Meatsauce</b> Squash Medley Grapes <b>OR</b> <b>Chicken Nugget Lunch Pak with</b> Red Grapes, Carrot Sticks, Oreo Cookie	15 <b>Cheese Pizza</b> Vegetable Medley Fresh Fruit <b>OR</b> <b>Grilled Cheese</b> Pretzels Fresh Fruit
18 <b>Baked Chicken Tenders</b> Macaroni & Cheese Steamed Squash Diced Peaches <b>OR</b> <b>Turkey Bagel</b> Diced Peaches Chocolate Chip Cookie	19 <b>Hamburger</b> Waffle Fries Butter Peas Grapes <b>OR</b> <b>Ham &amp; Cheese on Wheat</b> Goldfish Banana	20 <b>Pancake</b> Scrambled Eggs Sausage Patty Red Grapes <b>OR</b> <b>Ham &amp; Swiss on Sourdough</b> Housemade Chips Orange Wedges	21 <b>Chicken Nuggets</b> Curly Fries Lima Beans Banana <b>OR Turkey &amp; Cheese Wrap Lunch Pak</b> Edamame Cheese Cubes Orange Wedges	22 <b>Cheese Pizza</b> Whole Kernel Corn Fresh Fruit Parfait <b>OR</b> <b>Chicken Salad on Wheat</b> Housemade Chips Fresh Fruit Sugar Cookie
25 <b>Parent Conferences</b>	26 <b>Hot Dog</b> Tater Tots Grapes <b>OR</b> <b>Breakfast Lunch Pak</b> Cheese Cubes, Blueberry Muffin, Yogurt, Granola, Fresh Fruit	27 <b>French Toast Sticks</b> Scrambled Eggs Sausage Patty Banana <b>OR</b> <b>Roast Beef &amp; Cheese on Croissant</b> Oatmeal Cookie Banana	28 <b>Chicken &amp; Cheese Quesadilla</b> Buttered Corn Tortilla Chips Applesauce <b>OR</b> <b>Chicken Salad on Wheat</b> Baby Carrots with Ranch Goldfish	29 <b>Cheese Pizza</b> Steamed Carrots Fresh Fruit <b>OR</b> <b>Tuna on White</b> Pretzels Fresh Fruit