

Let
Nutrition
Fuel your
Success!

Jackson Senior High School Lunch Menu



Week 1: Dec 31 - Jan 4

Monday Tuesday Wednesday 11/1 Thursday 11/2 Friday

New Years Resolutions for 2019

★ Exercise 30 min/day

★ ★ ★ Quit Soda

★ ★ ★ Read More Books

★ ★ ★ Meet New People

★ ★ ★ Watch Less TV

★ ★ ★ Make Your Bed Daily

★ ★ ★ Walk 1,000 More Steps/day

★ ★ ★ Be On time

★ ★ ★ Volunteer

★ ★ ★ Eat at Home Most Nights

★ ★ ★ Be More Grateful

★ ★ ★ Learn To Cook

★ ★ ★ Learn a New Skill

Week 2: January 7-11

	1/7 Monday	1/8 Tuesday	1/9 Wednesday	1/10 Thursday	1/11 Friday
DELI	Italian Meatball Sub Tater Tots	Grilled Chicken Club Sandwich French Fries	Tomato Soup Big Kid Grilled Cheese	BBQ Pork Sandwich Baked Beans	Crispy Chicken Wrap Tater Tots
Student Choice	BBQ Chicken Nachos Mexican Black Beans	Baked Potato Bar Schubert Roll	Beef Tacos Caesar Salad	Walking Taco Garden Salad	Bean & Cheese Burrito Spanish Rice Sweet Corn
Grill	Swiss Burger Tater Tots	Cowboy Cheeseburger Grilled Vegetables French Fries	Spicy Chicken Sandwich Sweet Potato Fries	Walking Taco Garden Salad	Chicken Teriyaki Sandwich Tater Tots
Home-style	Chicken Parmesan Marinara Pasta Italian Salad	Chicken Pot Pie Schubert Roll Grilled Vegetables	Pepperoni Pasta Texas Toast Green Peas	Western Steak w/ Hot Roll Mashed Potatoes Seasoned Green Beans	Loaded Chili Cheese Tots Sweet Corn
Pizza	Sausage-Pepperoni-Cheese Side Salad	Sausage-Pepperoni-Cheese Side Salad	Sausage-Pepperoni-Cheese Side Salad	Sausage-Pepperoni-Cheese Side Salad	Sausage-Pepperoni-Cheese Side Salad
GRAB N GO	Grilled, Crispy Chicken, or Vegetarian Salad Sub Sandwich	Grilled, Crispy Chicken, or Vegetarian Salad Sub Sandwich	Grilled, Crispy Chicken, or Vegetarian Salad Sub Sandwich	Grilled, Crispy Chicken, or Vegetarian Salad Sub Sandwich	Grilled, Crispy Chicken, or Vegetarian Salad Sub Sandwich
DESSERT	Blue Raspberry Sorbet	Chocolate Chip Cookie	Fruit & Yogurt Parfait	Oatmeal Cookie	Rocky Road Fluff



- Milk and Fresh Fruit Variety Served Daily
- Menu Subject to Change

This institution is an equal opportunity provider.

Food and Nutrition Services
(573) 243-9597

Liz Aufdenberg: Food Service Director
Gloria Stoverink, RDN, LD: Nutrition Coordinator



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Week 1: January 14-18

	1/14 Monday	1/15 Tuesday	1/16 Wednesday	1/17 Thursday	1/18 Friday
DELI	BLT Wrap Broccoli w/ Cheese	Chicken Parmesan Sub Green Peas	Chili Cornbread	Bratwurst on Bun Baked Beans	Croissant Tuna Salad Sandwich
<i>Student Choice</i>	Pretzel Breakfast Sandwich Tater Tots	Beef Fajitas Spanish Rice Spicy Pinto Beans	Chicken Strips Side Salad	Honey Boneless Wings Roasted Sweet Potatoes	Frito Chili Pie Spicy Pinto Beans
Grill	Chicken Pattie Sandwich Tater Tots	Pizza Burger French Fries	Spicy Chicken Pattie Sandwich Orange Glazed Carrots	Cheeseburger French Fries	Fish Sandwich Sweet Potato Waffle Fries Coleslaw
Home-style	Alfredo Primavera Texas Toast Caesar Salad	Roasted Chicken Schubert Roll Seasoned Green Beans	Beefy Mac n' Cheese Garlic Breadstick	Breaded Pork Patty Mashed Potatoes Green Beans & Hot Roll	General Tso's Chicken Brown Rice & Egg Roll Vegetable Stir-fry
Pizza	Sausage-Pepperoni-Cheese Side Salad	Sausage-Pepperoni-Cheese Side Salad	Sausage-Pepperoni-Cheese Side Salad	Sausage-Pepperoni-Cheese Side Salad	Sausage-Pepperoni-Cheese Side Salad
GRAB N GO	Grilled, Crispy Chicken , or Vegetarian Salad	Grilled, Crispy Chicken , or Vegetarian Salad	Grilled, Crispy Chicken , or Vegetarian Salad	Grilled, Crispy Chicken , or Vegetarian Salad	Grilled, Crispy Chicken , or Vegetarian Salad
DESSERT	Sugar Cookie	Apple Crisp	Grape Sorbet	Mud Bar	Chocolate Pudding

Week 2: January 21-25

	1/21 Monday	1/22 Tuesday	1/23 Wednesday	1/24 Thursday	1/25 Friday
DELI	MARTIN LUTHER KING JR. DAY	Spicy Chicken Wrap Glazed Carrots	Buffalo Chicken Sub California Vegetables	All American Deli Sub Sweet Potato Waffle Fries	Hot Dog/ Chili Dog French Fries
<i>Student Choice</i>		Crispitos Mexican Corn	Chicken Nuggets Garden Salad	Chipotle Pork Tacos Cheesy Refried Beans	Mozzarella Cheese Sticks Steamed Broccoli
Grill		Bacon Cheeseburger Pepperoni Pasta Salad	Spicy Chicken Sandwich Texas Caviar	Cheeseburger Sweet Potato Waffle Fries	BBQ Pork Rib Sandwich Seasoned French Fries
Home-style		Crispitos Mexican Corn	Lasagna Texas Toast California Vegetables	Meatloaf Mashed Potatoes Hot Roll & Green Beans	Tater tot Casserole Steamed Broccoli
Pizza		Sausage-Pepperoni-Cheese Side Salad	Sausage-Pepperoni-Cheese Side Salad	Sausage-Pepperoni-Cheese Side Salad	Sausage-Pepperoni-Cheese Side Salad
GRAB N GO		Grilled, Crispy Chicken , or Vegetarian Salad Sub Sandwich	Grilled, Crispy Chicken , or Vegetarian Salad Sub Sandwich	Grilled, Crispy Chicken , or Vegetarian Salad Sub Sandwich	Grilled, Crispy Chicken , or Vegetarian Salad Sub Sandwich
DESSERT		Cookies and Cream Frosty	Monster Bar	Cheesecake	Homemade Muffin



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Week 1: January 28-Feb 1

	1/28 Monday	1/29 Tuesday	1/30 Wednesday	1/31 Thursday	2/1 Friday
DELI	Philly Cheesesteak Sub Mac n' Cheese	Turkey Bacon Ciabatta French Fries	Uncrustable/ Sloppy Joe	Chicken Cordon Bleu Sandwich French Fries	  SAVE THE DATE April 13, 2019 <i>5k & 1 Mile Run</i>
Student Choice	Spicy Chicken Strips Scalloped Potatoes	Mandarin Orange Chicken Brown Rice Egg Roll & Stir-fry	Toasted Ravioli w/ Meat Sauce Caesar Salad	Taco Salad Black Bean Salad	
Grill	Chicken Pattie Sandwich Mac n' Cheese	Mexican Cheeseburger French Fries	Spicy Chicken Pattie Sandwich Broccoli w/ Cheese	Cheeseburger French Fries	
Home-style	French Toast Sausage Link Hash Brown Triangle	Ravioli Florentine Steamed Broccoli	Toasted Ravioli Caesar Salad	Chicken Pattie Seasoned Green Beans Mashed Potatoes & Hot Roll	
Pizza	Sausage-Pepperoni-Cheese Side Salad	Sausage-Pepperoni-Cheese Side Salad	Sausage-Pepperoni-Cheese Side Salad	Sausage-Pepperoni-Cheese Side Salad	
GRAB N GO	Grilled, Crispy Chicken , or Vegetarian Salad	Grilled, Crispy Chicken , or Vegetarian Salad	Grilled, Crispy Chicken , or Vegetarian Salad	Grilled, Crispy Chicken , or Vegetarian Salad	
DESSERT	Cowboy Cookie	Scotty Bar	Brownie Cookie	Peach Cobbler	



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