

JACKSON COUNTY

School District
Raising
The Standard



February 2012

Minimum Nutrient Levels

	Elementary	Secondary
Calories	664	825
Total Fat	less than 30%	less than 30%
Sat. Fat	less than 10%	less than 10%
Protein	10 g	16 g
Calcium	286 mg	400 mg
Iron	3.5 mg	4.5 mg
Vit. A	224 re	300 re
Vit. C	15 mg	18 mg

YOU MAY SELECT

1 Entrée, 2 Vegetables, 1 Fruit/Juice
1 Bread, 1 Milk

Monday

Students

	Paid	Reduced
Breakfast	\$1.25	\$.30
Lunch	\$2.25	\$.40

Adults

Breakfast \$2.00

Tuesday

Milk
.50¢

Wednesday

Thursday

Friday

		<p>Whole Grain Chicken Quesadillas Pizza W/Whole Grain Crust Chef Salad Seasoned Green Beans Corn on the Cob Pineapple Tidbits Fresh Fruit Assorted Fruit Juice Variety of 1% Milk Salsa</p>	<p>1 Fish Sandwich w/ Cheese Mexican Beef Pie Chef Salad California Veggies Coleslaw Fruit Freeze Fresh Fruit Assorted Fruit Juice Yeast Roll Variety of 1% Milk Ketchup, Tartar Sauce</p>	<p>2 Nachos Grande Ham & Cheese Yumbo Fruit & Yogurt Plate Broccoli & Cauliflower W/Cheese Whole Kernel Corn Side Salad Fruit Cocktail Fresh Fruit Assorted Fruit Juice Lemon Bars Variety of 1% Milk Mayo, Mustard, Salsa</p>
<p>6 Spaghetti w/ Meat Sauce Turkey & Cheese on Bun Chef Salad Mixed Vegetables Side Salad Whole Kernel Corn Chilled Peach Slices Fresh Fruit Assorted Fruit Juice Garlic Bread Pudding Cup Variety of 1% Milk Mayo, Mustard</p>	<p>7 Baked Chicken Nuggets John Wayne Casserole Chef Salad Mashed Potatoes W/Cheese Steamed Broccoli Tropical Apples Fresh Fruit Assorted Fruit Juice Whole Wheat Biscuit Chocolate Chip Cookie Variety of 1% Milk Ketchup, Dipping Sauce</p>	<p>8 Ham & Cheese Sub Chicken Patty Sandwich Chef Salad Green Beans Side Salad Glazed Carrots Chilled Pears Fresh Fruit Assorted Fruit Juice Variety of 1% Milk Ketchup, Mayo, Mustard</p>	<p>9 Pizza w/ Whole Grain Crust Baked Lemon Pepper Chicken Chef Salad California Veggies AuGratin Potatoes Pineapple Tidbits Fresh Fruit Assorted Fruit Juice Whole Wheat Roll Cake Variety of 1% Milk</p>	<p>10 Taco Salad/Whole Grain Chips Cheeseburger Fruit & Yogurt Salad Black Bean Salad Side Salad Tator Tots Fruit Cocktail Fresh Fruit Assorted Fruit Juice Assorted Gelatin Variety of 1% Milk Ketchup, Mayo, Mustard</p>
<p>13 Cheesy Chicken over Rice Sloppy Joe Chef Salad Buttered Parsley Potatoes Raw Veggies W/Dip Tropical Fruit Fresh Fruit Assorted Fruit Juice Whole Wheat Roll Variety of 1% Milk</p>	<p>14 Mexican Pizza Beef Tamale Pie Chef Salad Whole Kernel Corn Italian Green Beans Rosey Applesauce Fresh Fruit Assorted Fruit Juice Fruit Cobbler Variety of 1% Milk</p>	<p>15 Grilled Chicken Sandwich Baked Corn Dog Nuggets Chef Salad Baked Beans Baked Sweet Potatoes Chilled Peach Slices Fresh Fruit Assorted Fruit Juice Chocolate pudding Variety of 1% Milk Ketchup, Mustard</p>	<p>16 Italian Rotini Casserole American Sub Sandwich Chef Salad Green Peas Side Salad French Fries Fruit Cocktail Fresh Fruit Assorted Fruit Juice Garlic Bread Variety of 1% Milk Ketchup, Mayo, Mustard</p>	<p>17 Barbeque Sandwich Chicken Stir Fry Fruit & Yogurt Salad Sweet Potato Fries Peas & Carrots Side Salad Banana Berry Blend Fresh Fruit Assorted Fruit Juice Brownie Egg Roll Variety of 1% Milk Ketchup</p>
<p>20  No School</p>	<p>21  No School</p>	<p>22 No School</p>	<p>23 Macaroni & Cheese w/ Ham Slices Stromboli Chef Salad Mixed Vegetables Lima Beans Chilled Pears Fresh Fruit Assorted Fruit Juice Yeast Roll Strawberry Cake W/Glaze Variety of 1% Milk</p>	<p>24 Hamburger Shrimp Gumbo Fruit & Yogurt Salad Potato Salad Green Beans Side Salad Fruit Cocktail Fresh Fruit Assorted Fruit Juice Crackers Sugar Cookie Variety of 1% Milk Ketchup, Mayo, Mustard</p>

Mardi Gras Holidays



February Fruit of the Month - POMEGRANATES

Pomegranates may be one of the oldest fruits in the world. Free radicals are the "bad guys" in your body that can damage your cells and make you sick. Pomegranates are packed with antioxidants that fight off free radicals, keeping your heart healthy and your body free of cancer! Ancient Romans used pomegranate peelings as leather. Scientists are still studying all of the wonderful things that pomegranates do for your health! One thing is for sure, they are VERY good for you!