

JACKSON COUNTY School District

Raising the Standard

MARCH 2012

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

Adults	
Breakfast	\$2.00

YOU MAY SELECT

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

Milk
.50¢

Monday

Tuesday

Wednesday

Thursday

Friday

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

March Fruit of the Month – STAR FRUIT



Can you guess where this fruit got its name?
Another name for star fruit is the "carambola".
Star fruit are tropical fruit grown in Florida and Hawaii.
Star fruit are high in vitamin C to keep you healthy!

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	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	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	Pizza w/ Whole Grain Crust Fried Chicken Chef Salad California Veggies AuGratin Potatoes Pineapple Tidbits Fresh Fruit Assorted Fruit Juice Whole Wheat Roll Cake Variety of 1% Milk	Fish Sandwich w/ Cheese Soft Taco Supreme Fruit & Yogurt Plate California Veggies Coleslaw Fruit Freeze Fresh Fruit Assorted Fruit Juice Yeast Roll Variety of 1% Milk Ketchup, Tartar Sauce, Salsa
TEACHER WORKDAY NO SCHOOL	Mexican Pizza Shepherd's Pie Chef Salad Whole Kernel Corn Italian Green Beans Rosey Applesauce Fresh Fruit Assorted Fruit Juice Yeast Roll Fruit Crisp Variety of 1% Milk	Grilled Chicken Sandwich Baked Corn Dog Chef Salad Baked Beans Baked Sweet Potatoes W/Apples Chilled Peach Slices Fresh Fruit Assorted Fruit Juice Chocolate pudding Variety of 1% Milk Ketchup, Mustard	Baked Lasagna 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	Barbeque Sandwich Popcorn Shrimp W/Bread Stick Fruit & Yogurt Salad Sweet Potato Fries Peas & Carrots Side Salad Banana Berry Blend Fresh Fruit Assorted Fruit Juice Brownie Yeast Roll Variety of 1% Milk Ketchup, Tartar Sauce
Stuffed Crust Pizza Chicken AlaKing Chef Salad Green Peas Coleslaw Cinnamon Apples Fresh Fruit Assorted Fruit Juice Whole Wheat Roll Variety of 1% Milk	Hamburger Red Beans & Rice W/Sausage Chef Salad Potato Salad Green Beans Side Salad Fruit Cocktail Fresh Fruit Assorted Fruit Juice Mexican Cornbread Sugar Cookie Variety of 1% Milk Ketchup, Mayo, Mustard	Country Fried Steak Mexican Burrito Chef Salad Southern Turnip Greens Mashed Potatoes Chilled Peach Slices Fresh Fruit Assorted Fruit Juice Cornbread Assorted Gelatin Variety of 1% Milk Ketchup	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	Baked Fish Nuggets Taco Soup W/Whole Grain Chips Fruit & Yogurt Salad Baked Potato Broccoli Salad Mandarin Fruit Cup Fresh Fruit Assorted Fruit Juice Pudding cup Variety of 1% Milk Ketchup, Tartar Sauce, Butter
Chili W/Cheesy Breadstick Turkey & Cheese Sub Sandwich Chef Salad Mixed Vegetables French Fries Side Salad Rosey Applesauce Fresh Fruit Assorted Fruit Juice Pudding Variety of 1% Milk Mayo, Mustard, Ketchup	BBQ Rib Sandwich Baked Chicken Tenders Chef Salad Black-Eyed Peas Creamed Potatoes Carrot Sticks w/ Dip Chilled Peach Slices Fresh Fruit Assorted Fruit Juice Whole Wheat Roll Cake Variety of 1% Milk Ketchup, Dipping Sauce	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	Nachos Grande Ham & Cheese Yumbo Chef Salad Broccoli & Cauliflower W/Cheese Whole Kernel Corn Side Salad Fruit Cocktail Fresh Fruit Assorted Fruit Juice Banana Pudding Variety of 1% Milk Mayo, Mustard	Fish Sandwich w/ Cheese Mexican Beef Pie Fruit & Yogurt Plate California Veggies Coleslaw Frozen Juice Bar Fresh Fruit Assorted Fruit Juice Variety of 1% Milk Ketchup, Tartar Sauce