



2021 SEPTEMBER JC ELEMENTARY SCHOOLS BREAKFAST/LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Parents remember that breakfast & lunch is offered to all students at no cost. Please encourage your child to start off the day eating a nutritious school breakfast.</i></p>	<p><i>Packaged Salads are offered daily...if not available an alternate choice will be available.</i></p>	<p>Steak Nuggets/Biscuit 1 Assorted Cereal 100% Juice -Fresh Fruit</p> <p>Pizza Sweet Potato Tots Toss Salad Seasonal Fresh Fruit Fruit Cup</p>	<p>French Toast/Eggs 2 Assorted Cereal 100% Juice-Fresh Apple</p> <p>Chicken Strips/Roll Mash Potatoes/Pinto Beans Slice Peaches Mixed Fruit</p>	<p>Grits/Sausage 3 Assorted Cereal 100% Juice -Orange Wedges</p> <p>Warrior Cheeseburger Lettuce/Tomato/Pickles Baked Fries Seasonal Fresh Fruit Pears WG Cookie</p>
 <p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>
<p>Holiday Labor Day</p>	<p>In Service No School for Students</p>	<p>Virtual Days Learn from Home</p>	<p>Virtual Days Learn from Home</p>	<p>Virtual Days Learn from Home</p>
<p>Sausage Biscuit w/ Jelly 13 Assorted Cereal 100% Juice – Fresh Apple</p> <p>Chicken Strips /Roll Mash Potatoes Green Peas 100% Fruit Juice Mandarin Oranges</p>	<p>Pop Tarts or Muffin & Yogurt 14 Assorted Cereal 100% Juice – Slice Peaches</p> <p>BBQ Sandwich Breaded Okra Vegetarian Beans Apple Sauce Cup Orange Wedges</p>	<p>Steak Nuggets Biscuit 15 Assorted Cereal 100% Juice – Seasonal FF</p> <p>Pizza Corn Fresh Carrots/Celery Peaches/Sidekicks</p>	<p>French Toast & Eggs 16 Assorted Cereal 100% Juice – Seasonal Fruit</p> <p>Chicken Mac & Cheese w/Roll Green Beans Carrots Fruit Cup/Pineapples</p>	<p>Chicken Nuggets & Biscuit 17 Assorted Cereal 100% Juice – Mixed Fruit</p> <p>Warrior cheeseburger Lettuce/Tomato/Pickles Baked Fries Seasonal Fresh Fruit Pears</p>

Pancake & Sausage 20	Biscuit/Sausage Link 21	Chicken Biscuit 22	Waffles & Eggs 23	Grits & Sausage 24
Assorted Cereal 100% Juice - Applesauce Asian Chicken/Brown Rice Green Beans Sweet Potatoes Seasonal Fresh Fruit Mixed Fruit	Assorted Cereal 100% Juice – Mixed Fruit Tacos Lettuce/Tomato Corn/Black Beans Apple Fruit Cup Taco Tuesday	Assorted Cereal 100% Juice – Applesauce Hotdog/Sausage Dog Coleslaw Oven Baked Fries Banana Mandarin Oranges First Day of Autumn	Assorted Cereal 100% Juice – Pineapples Steak w/Gravy Brown Rice/Cornbread Turnips/Squash Fruit Cup Seasonal Fresh Fruit	Assorted Cereal 100% Juice – Seasonal FF Catfish Strips/Roll Coleslaw Baked Beans Fresh Fruit 100% Fruit Juice Manger’s Treat
Breakfast Stick 27	Pop Tarts or Muffin & Yogurt 28	French Toast & Eggs 29	Biscuit/Steak Nuggets 30	
Assorted Cereal 100% Juice – Pears Chicken Strips/Roll Black-eyed Peas Mash Potatoes 100% Fruit Juice Pineapple Tidbits	Assorted Cereal 100% Juice – Mixed Fruit BBQ Sandwich Carrots Vegetarian Beans Slice Peaches Sidekicks	Assorted Cereal 100% Juice – Seasonal FF Chicken Sandwich w/WG Bun Lettuce, Tomato Baked Wedges Fresh Broccoli Pears – Mandarin Oranges #World School Milk Day	Assorted Cereal 100% Juice – Peaches Spaghetti/Breadstick Green Beans Whole Kernel Corn Slices Peaches/Fruit Cup	<i>Locally Grown Fresh Produce & Food Items Offered weekly...</i> 

An assortment of low fat and fat free milk is offered daily with all meals. Lactose free milk is available if needed upon request.

Disclaimer: Menus are subject to change without notice due to future nutrient analyses; the availability of USDA commodities and/or unavailability of certain purchased food products.

“This is an Equal Opportunity Provider & Employer