

# September 2019

## Jackson County Central High School

### BREAKFAST



#### School Information:

Just \$1.00 for Paid Students  
Free for Free and Reduced Students.  
Many Options to choose from Daily!



**Nutrition Tip:** September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

Reference: USDA MyPlate



### Monday

LABOR DAY

2

### Tuesday

**Welcome Back!**

3

French Toast Sticks  
Fruit Variety  
Milk

### Wednesday

Cereal Bar Variety  
with String Cheese  
Fruit Variety  
Milk

4

### Thursday

Breakfast Bread Variety  
With String Cheese  
Fruit Variety  
Milk

5

### Friday

Breakfast Variety  
Fruit Variety  
Milk

6

Oatmeal Bar  
With String Cheese  
Fruit Variety  
Milk

9

Pancake Variety  
Fruit Variety  
Milk

10

Breakfast Bar Variety  
With Yogurt  
Fruit Variety  
Milk

11

Breakfast Pizza  
Fruit Variety  
Milk

12

Breakfast Variety  
Fruit Variety  
Milk

13

Breakfast Bosco Stick  
Fruit Variety  
Milk

16

Cinnamon Roll  
with String Cheese  
Fruit Variety  
Milk

17

Graham Variety  
With Yogurt  
Fruit Variety  
Milk

18

Fruit Strudel  
Fruit Variety  
Milk

19

Breakfast Variety  
Fruit Variety  
Milk

20

Ham, Egg & Cheese  
Breakfast Croissant  
Fruit Variety  
Milk

23

Muffin Variety  
With String Cheese  
Fruit Variety  
Milk

24

Pancake Bites  
w/ Smoothie Variety  
Fruit Variety  
Milk

25

Breakfast Bread  
Variety  
with String Cheese  
Fruit Variety  
Milk

26

Breakfast Variety  
Fruit Variety  
Milk

27

Cold Cereal Variety  
With Yogurt  
Fruit Variety  
Milk

30

