

OCTOBER 2019

Jackson County Central Middle School

Cold Breakfast Variety
Available Daily.

Monday	Tuesday	Wednesday	Thursday	Friday
	French Toast Sticks or Breakfast Bowl (Egg, Sausage & Toast) Fruit Variety Milk 1	Breakfast Pizza or Muffin Variety & Smoothies Fruit Variety Milk 2	Ham, Egg & Cheese Breakfast Croissant or Pancake & Sausage Bites Fruit Variety Milk 3	Fresh Cinnamon Rolls or Build Your Own Yogurt Bar Fruit Variety Milk 4
Build Your Own Pancake Bar Or Cheesy Omelet with English Muffin Fruit Variety Milk 8	French Toast Sticks or Breakfast Bowl (Egg, Sausage & Toast) Fruit Variety Milk 8	Breakfast Pizza or Muffin Variety & Smoothies Fruit Variety Milk 9	Ham, Egg & Cheese Breakfast Croissant or Pancake & Sausage Bites Fruit Variety Milk 10	Fresh Cinnamon Rolls or Build Your Own Yogurt Bar Fruit Variety Milk 11
Build Your Own Pancake Bar Or Cheesy Omelet with English Muffin Fruit Variety Milk 15	French Toast Sticks or Breakfast Bowl (Egg, Sausage & Toast) Fruit Variety Milk 15	Breakfast Pizza or Muffin Variety & Smoothies Fruit Variety Milk 16	MEAS 17 NO SCHOOL	MEAS 18 NO SCHOOL
Build Your Own Pancake Bar Or Cheesy Omelet with English Muffin Fruit Variety Milk 22	French Toast Sticks or Breakfast Bowl (Egg, Sausage & Toast) Fruit Variety Milk 22	Breakfast Pizza or Muffin Variety & Smoothies Fruit Variety Milk 23	Ham, Egg & Cheese Breakfast Croissant or Pancake & Sausage Bites Fruit Variety Milk 24	Fresh Cinnamon Rolls or Build Your Own Yogurt Bar Fruit Variety Milk 25
Build Your Own Pancake Bar Or Cheesy Omelet with English Muffin Fruit Variety Milk 29	French Toast Sticks or Breakfast Bowl (Egg, Sausage & Toast) Fruit Variety Milk 29	Breakfast Pizza or Muffin Variety & Smoothies Fruit Variety Milk 30	Ham, Egg & Cheese Breakfast Croissant or Pancake & Sausage Bites Fruit Variety Milk 31	



This institution is an equal opportunity provider. Menus are subject to change.

