



# JKC Child Care Lunch Menu

October  
2024

Fresh Vegetable Choices and Seasonal Fruit  
Are Offered Daily on the Fruit & Vegetable Bar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30</p> <p>Whole grain rich items are served with each meal and marked with a dot.</p>	<p>1</p> <ul style="list-style-type: none"> <li>Chicken Tacos</li> <li>Spiced Pinto Beans</li> <li>Canned Fruit</li> <li>Choice of Milk</li> </ul>	<p>2</p> <ul style="list-style-type: none"> <li>Chicken &amp; Gravy</li> <li>Whole Grain Dinner Roll</li> <li>Mashed Potatoes Gravy</li> <li>Canned Fruit</li> <li>Choice of Milk</li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li>Crispy Chicken Sandwich</li> <li>Kung Fu Carrots</li> <li>Canned Fruit</li> <li>Choice of Milk</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>Cheese Pizza</li> <li>Roasted Broccoli</li> <li>Canned Fruit</li> <li>Choice of Milk</li> </ul>
<p>7</p> <ul style="list-style-type: none"> <li>Pizza Bake</li> <li>Whole Grain Dinner Roll</li> <li>Roasted Corn</li> <li>Canned Fruit</li> <li>1% Unflavored Milk</li> </ul>	<p>8</p> <ul style="list-style-type: none"> <li>Soft Beef Tacos</li> <li>Black Beans</li> <li>Canned Fruit</li> <li>Choice of Milk</li> </ul>	<p>9</p> <ul style="list-style-type: none"> <li>Cheeseburger on a Bun</li> <li>French Fries</li> <li>Canned Fruit</li> <li>Choice of Milk</li> </ul>	<p>10</p> <p>HOM-Apple/Cinnamon--Apple Crunch</p> <ul style="list-style-type: none"> <li>Beef &amp; Cheese Quesadilla</li> <li>Steamed Green Beans</li> <li>Warm Cinnamon Apples</li> <li>Choice of Milk</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>Pepperoni Pizza</li> <li>Peas &amp; Carrots</li> <li>Canned Fruit</li> <li>Choice of Milk</li> </ul>
<p>14</p> <p>National School Lunch Week</p> <ul style="list-style-type: none"> <li>Cannonball Meatballs</li> <li>Whole Grain Dinner Roll</li> <li>Sailor mash</li> <li>Canned Fruit</li> <li>SEAS the DAY</li> </ul>	<p>15</p> <p>School Lunch Pirates - Find Your Treasure!</p> <ul style="list-style-type: none"> <li>Pancakes</li> <li>Sausage Patty</li> <li>Garlic &amp; Herb Broccoli</li> <li>Canned Fruit</li> <li>SEAS the DAY</li> </ul>	<p>16</p> <p>United Tastes of America!</p> <ul style="list-style-type: none"> <li>United Tastes of America!</li> <li>BBQ Chicken Legs</li> <li>Flakey Biscuit</li> <li>Baked Beans, Vegetarian</li> <li>Canned Fruit</li> <li>SEAS the DAY</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>Pizza Slider</li> <li>Garlic &amp; Herb Broccoli</li> <li>Canned Fruit</li> <li>1% Unflavored Milk</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>Hot Turkey Sandwich</li> <li>Roasted Corn</li> <li>Canned Fruit</li> <li>1% Unflavored Milk</li> </ul>
<p>21</p> <ul style="list-style-type: none"> <li>BBQ Pulled Pork Sandwich</li> <li>French Fries</li> <li>Canned Fruit</li> <li>1% Unflavored Milk</li> </ul>	<p>22</p> <ul style="list-style-type: none"> <li>Lasagna</li> <li>Garlic Toast</li> <li>Roasted Broccoli</li> <li>Canned Fruit</li> <li>Choice of Milk</li> </ul>	<p>23</p> <ul style="list-style-type: none"> <li>Chicken Fried Rice</li> <li>Whole Grain Dinner Roll</li> <li>Kung Fu Carrots</li> <li>Canned Fruit</li> <li>Choice of Milk</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>Crispy Chicken Nuggets</li> <li>Whole Grain Dinner Roll</li> <li>French Fries</li> <li>Canned Fruit</li> <li>Choice of Milk</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>Cheese Pizza</li> <li>Peas &amp; Carrots</li> <li>Canned Fruit</li> <li>Choice of Milk</li> </ul>
<p>28</p> <ul style="list-style-type: none"> <li>The "Mac" Flatbread</li> <li>Peas &amp; Carrots</li> <li>Canned Fruit</li> <li>1% Unflavored Milk</li> </ul>	<p>29</p> <ul style="list-style-type: none"> <li>Asian Chicken Noodle Bowl with Lemongrass</li> <li>Whole Grain Dinner Roll</li> <li>Roasted Cauliflower</li> <li>Canned Fruit</li> <li>Choice of Milk</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>Crispy Chicken Nuggets</li> <li>Whole Grain Dinner Roll</li> <li>Mashed Potatoes Gravy</li> <li>Canned Fruit</li> <li>Choice of Milk</li> </ul>	<p>31</p> <p>Happy Halloween</p> <ul style="list-style-type: none"> <li>Draculoni &amp; Cheese</li> <li>Hallow Bun</li> <li>Orange spookie</li> <li>Spider web</li> <li>Fried Worms Halloween Treat</li> <li>White Ghost</li> </ul>	<p>1</p>

PRICES

Elementary	Free
Secondary	Free
Adult	\$5.00
Extra Milk	\$0.50
Extra Entree	\$2.00

EXTRA INFO

Milk choice of 1% White, Skim, or Chocolate Skim is included with lunch. Infants and toddlers are offered whole unflavored milk. For questions or comments, contact the FSD Patty Viaene at: [pviaene@bbejaguars.org](mailto:pviaene@bbejaguars.org) or call 320-254-8211 ext. 2163

HARVEST OF



THE MONTH

Your MENUS plus more information on our app  
Taher Food4Life®



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