

## Jackson Middle School 6th-8th Lunch Menu

## SPECIAL NOTES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
26	27	28	29	30	
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	<p><b>Big Salad OR Choice of Main For That Day And Assorted Fruits 1/2c and Vegetables 3/4c To Choose from</b></p> <p>Milk is offered in two flavors 1% White and FF Chocolate A student may only charge up to 3 days. At which point they will be offered an alternative meal until the negative balance has been paid. <b>Indicates Carbs in grams</b></p>
02	03	04	05	06	
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	
09	10	11	12	13	
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	<p>Student lunch prices Full Pay \$3.00 Free Reduced Pay \$ .40 Free Milk Only \$ .50 <i>Students are not allowed to <b>CHARGE A la cart</b> items. Must have money on account</i></p>
16	17	18	19	20	
NO SCHOOL	NO SCHOOL	<p>WG Chicken Patty on Bun 2 MMA &amp; 1 WG &amp; 2 WG 15g+26g=41g Meat Ball Sub on Bun 2 MMA &amp; 2 WG 6g+25g=31g Cooked Carrots 3/4c 24g</p>	<p>Cheese Burger on Bun 2.5 MMA &amp; 2 WG 3g+26g=29g WG Corn Dog 2 MMA &amp; 2 WG 30g Baked Beans 3/4c 30g</p>	<p>WG Pizza (Big Daddy) 2 MMA &amp; 2.5 WG 39g Chicken, Bacon, Ranch on WG Bun 2 MMA &amp; 2WG 2g+26g=28g Steamed Broccoli 3/4c 8g WK Total 10oz MMA &amp; 9.33oz WG</p>	<p>All Menus Subject To Change</p> <p>This institution is an equal opportunity provider.</p>
23	24	25	26	27	
<p>WG Chicken Patty on Bun 2 MMA &amp; 1 WG &amp; 2oz WG 15g+26g=41g Hamburger on Bun 2 MMA &amp; 2oz WG 2g+26g=28g Mixed Veggies 3/4c 12g WK1 HH: Salad</p>	<p>Nachos Deluxe w/ taco meat lettuce,tomatoes, and cheese 2 MMA &amp; 2.50 WG 40g WG Chickn Nuggets (10) 4 MMA &amp; 2 WG 34g w/Dipping sauces Cooked Carrots 3/4c 24g</p>	<p>Baked Steak w/Gravy 3g Mashed Potatoes 1/2c 15g Green Beans 1/2c 4g WG Dinner roll (2ea) w/butter 26g 2 MMA &amp; 2 WG</p>	<p>Pulled Pork BBQ on Bun 2 MMA &amp; 2 WG 17g+26+43g Baked Steak Sandwich on Bun 2 MMA &amp; 2 WG 3g+29g=32g Baked Beans 3/4c 30g</p>	<p>WG Pizza Bread 2 MMA &amp; 2 WG 34g Veal on Bun 2 MMA &amp; 2 WG 12g+26g=38g Broccoli w/cheese 3/4c 9g WK Total 10oz MMA &amp; 10oz WG</p>	<p>Track you student's breakfast and lunch activity or add money to their cafeteria account on line at www.paypams.com</p>

## Jackson Middle School 6th-8th Lunch Menu

## SPECIAL NOTES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
30 <b>Buffalo Chicken Pizza 35g</b> <b>2 MMA &amp; 2 WG</b> <b>WG Chicken Strips (4)</b> <b>2.66 MMA &amp; 1.33 WG 21g</b> <b>w/Dipping sauces</b> <b>Mixed Veggies 3/4c 12g</b> <b>WK2</b>	31 Hamburger on WG Bun <b>2 MMA &amp; 2 WG 2g+26g=28g</b> BBQ Pork Rib Sub on WG Bun <b>2 MMA &amp; 2 WG 6g+29g= 38g</b> Cooked Carrots 3/4c <b>24g</b>	01 Sliced Turkey (2) w/Gravy <b>4g</b> Mashed Potato 1/2c <b>15g</b> Green Beans 1/2c <b>4g</b> WG Dinner roll (2ea) w/butter <b>26g</b> <b>2 MMA &amp; 2 WG</b>	02 Cheeseburger on Bun <b>2.5 MMA &amp; 2 WG 3g+26g=29g</b> Hot Dog on WG Bun w/sauce <b>2 MMA &amp; 2 WG 6g+25g=31</b> Baked Beans 3/4c <b>30g</b>	03 Wild Mikes Cheese Bites (4) <b>28g</b> <b>2 MMA &amp; 2 WG</b> w/marinara sauce <b>4g</b> WG Chickn Nuggets (10) w/dipping sauces <b>4 MMA &amp; 2 WG 34g</b> Steamed Broccoli 3/4c <b>8g</b> WK Total <b>10oz MMA &amp; 9.33 WG</b>	<p><b>Big Salad OR</b> <b>Choice of Main</b> <b>For That Day And</b> <b>Assorted Fruits 1/2c and</b> <b>Vegetables 3/4c</b> <b>To Choose from</b></p> <p>Milk is offered in two flavors 1% White and FF Chocolate A student may only charge up to 3 days. At which point they will be offered an alternative meal until the negative balance has been paid. <b>Indicates Carbs in grams</b></p> <p>Student lunch prices Full Pay \$3.00 Free Reduced Pay \$ .40 Free Milk Only \$ .50 <i>Students are not allowed to <b>CHARGE A la cart</b> items. Must have money on account</i></p> <p>All Menus Subject To Change</p> <p>This institution is an equal opportunity provider.</p>
06 <b>NO SCHOOL</b> WK 3	07 Meat Ball Sub on Bun <b>2 MMA &amp; 2 WG 6g+25g=31g</b> WG Chicken Strips (4) <b>2.66 MMA &amp; 1.33 WG 21g</b> w/dipping sauces Cooked Carrots 3/4c <b>24g</b>	08 Chili 8oz w/ <sup>2MMA</sup> <b>37g</b> w/Crackers & <sup>.50</sup> <b>1g</b> Half a Cheese Sandwhich <b>14g</b> on WG Bread <sup>.50 MMA &amp; 1 WG</sup> <b>2.5 MMA &amp; 1.5 WG 52g</b> Green Beans 3/4c <b>4g</b>	09 Veal on Bun <b>2 MMA &amp; 2 WG 12g+26g=38g</b> Cheeseburger on Bun <b>2.5 MMA &amp; 2 WG 3g+26g=29g</b> Corn 3/4 cup <b>23g</b>	10 WG Pizza (Tony's) <b>2 MMA &amp; 2 WG 37g</b> WG Chickn Nuggets (10) w/dipping sauces <b>4 MMA &amp; 2 WG 34g</b> Baked Beans 3/4c <b>30g</b> WK Total <b>10oz MMA &amp; 9.83 WG</b>	
13 WG Chicken Nuggets (10) <b>4 MMA &amp; 2 WG 34g w/dipping sauces</b> Meat Lovers Stromboli <b>29g</b> w/marinara sauce <b>4g</b> <b>2 MMA &amp; 2 WG 10g+26g=36g</b> Cole Slaw 3/4c <b>9g</b> WK4	14 Cheese Burger on Bun <b>2.5 MMA &amp; 2 WG 3g+26g=29g</b> Meatball Sub on Bun <b>2 MMA &amp; 2 WG 6g+25g=31g</b> Cooked Carrots 3/4c <b>24g</b>	15 Plain Chicken Breast <b>3g</b> AuGratin Potatoes 3/4c <b>25g</b> Green Beans 1/2c <b>4g</b> WG Dinner roll (2ea) w/butter <b>26g</b> <b>2 MMA &amp; 2 WG</b>	16 BBQ Pork Rib Sub on WG Bun <b>2 MMA &amp; 2 WG 6g+29g= 38g</b> Mac & Cheese 1c w/ <b>41g</b> Beanie Weenies 1c <b>33.5g =3/4c B</b> <b>3.14 MMA &amp; 1.32 WG</b>	17 WG Pizza (Big Daddy) <b>2 MMA &amp; 2.5 WG 39g</b> Chicken, Bacon, Ranch on WG Bun <b>2 MMA &amp; 1 WG &amp; 2 WG</b> <b>2g+26g=28g</b> Steamed Broccoli 3/4c <b>8g</b> WK Total <b>10oz MMA &amp; 9.32</b>	
20 WG Chicken Strips (4) <b>2.66 MMA &amp; 1.33 WG 21g</b> w/dipping sauces Hamburger on Bun <b>2 MMA &amp; 2 WG 2g+26g=28g</b> Mixed Veggies 3/4c <b>12g</b> WK5 <b>HH: Salad</b>	21 Nachos Deluxe w/ lettuce, tomatoes, and cheese <b>40g</b> <b>2 MMA &amp; 2.5 WG</b> WG Chicken Strips (4) <b>2.66 MMA &amp; 1.33 WG 34g</b> w/dipping sauces Cooked Carrots 3/4c <b>24g</b>	22 <b>NO SCHOOL</b>	23 Cheese Burger on Bun <b>2.5 MMA &amp; 2 WG 3g+26g=29g</b> Hot Dog on Bun w/sauce <b>2 MMA &amp; 2 WG 6g+25g=31g</b> Tater Totts (12pc) 3/4c <b>24g</b>	24 WG Pizza Bread <b>2 MMA &amp; 2 WG 34g</b> Veal on Bread <b>2 MMA &amp; 2 WG 12g+26g=38g</b> Baked Beans 3/4c <b>30g</b> WK Total <b>10oz MMA &amp; 9.33WG</b>	
27 Cheese Burger on WG Bun <b>2.5 MMA &amp; 2 WG 3g+26g=29g</b>  Chicken Fajita Wrap <b>MMA &amp; 2.25 WG 2g+30g=32g</b> Corn 3/4c <b>23g</b> WK6 <b>HH: Salad</b>	28 Meat Ball Sub on Bun <b>2 MMA &amp; 2 WG 6g+25g=31g</b> WG Chicken Strips (4) <b>2 2.66 MMA &amp; 1.33 WG 34g</b> w/dipping sauces Cooked Carrots 3/4c <b>24g</b>	29 General TSO Chicken 3 oz <b>22g</b> Fried Rice 1/2 c <b>17g</b> Stir Fried Vegetables 3/4c <b>9g</b> <b>2 MMA &amp; 2 WG</b>	30 Hamburger on Bun <b>2 MMA &amp; 2 WG 2g+26g=28g</b> Mac & Cheese 1c w/ Beanie Weenies 1c <b>33.5g =3/4c B</b> <b>3.14 MMA &amp; 1.32 WG 41g</b>	01 WG Pizza (Tony's) <b>2 MMA &amp; 2 WG 37g</b> WG Chicken Nuggets (10) <b>4 MMA &amp; 2 WG 34g</b> w/dipping sauces Mixed Veggies 3/4c <b>12g</b> WK Total <b>10oz MMA &amp; 8.65 WG</b>	

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## Jackson Middle School 6th-8th Lunch Menu

## SPECIAL NOTES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
27 Cheese Burger on WG Bun 2.5 MMA & 2 WG 3g+26g=29g  Chicken Fajita Wrap MMA & 2.25 WG 2g+30g=32g Corn 3/4c 23g WK6 HH: Salad	28 Meat Ball Sub on Bun 2 MMA & 2 WG 6g+25g=31g WG Chicken Strips (4) 2.66 MMA & 1.33 WG 34g w/dipping sauces Cooked Carrots 3/4c 24g	29 General TSO Chicken 3 oz 22g Fried Rice 1/2 c 17g Stir Fried Vegetables 3/4c 9g 2 MMA & 2 WG	30 Hamburger on Bun 2 MMA & 2 WG 2g+26g=28g Mac & Cheese 1c w/ Beanie Weenies 1c 33.5g =3/4c B 3.14 MMA & 1.32 WG 41g	01 WG Pizza (Tony's) 2 MMA & 2 WG 37g WG Chicken Nuggets (10) 4 MMA & 2 WG 34g w/dipping sauces Mixed Veggies 3/4c 12g WK Total 10oz MMA & 8.65 WG	<p><b>Big Salad OR Choice of Main For That Day And Assorted Fruits 1/2c and Vegetables 3/4c To Choose from</b></p> <p>Milk is offered in two flavors 1% White and FF Chocolate A student may only charge up to 3 days. At which point they will be offered an alternative meal until the negative balance has been paid. <b>Indicates Carbs in grams</b></p> <p>Student lunch prices Full Pay \$3.00 Free Reduced Pay \$ .40 Free Milk Only \$ .50 <i>Students are not allowed to CHARGE a la cart items. Must have money on account</i></p> <p>All Menus Subject To Change</p> <p>This institution is an equal opportunity provider.</p>	
04 WG Chicken Patty on Bun 2 MMA & 1WG & 2 WG 15g+26g=41g Hamburger on Bun 2 MMA & 2 WG 2g+26g=28g Mixed Veggies 3/4c 12g WK7 HH: Salad	05 Pulled Pork BBQ on Bun 2 MMA & 2 WG 17g+26g=43g Buffalo Chicken Pizza 35g 2 MMA & 2 WG Cooked Carrots 3/4c 24g	06 Baked Steak w/Gravy 3g Mashed Potatoes 1/2c 15g Green Beans 1/2c 4g WG Dinner roll (2ea) w/butter 26g 2 MMA & 2 WG	07 Cheeseburger on Bun 2.5 MMA & 2 WG 3g+26g=29g Hot Dog on Bun w/sauce 2 MMA & 2 WG 6g+25g=31 Baked Beans 3/4c 30g	08 Wild Mikes Cheese Bites (4) 28g 2 MMA & 2 WG w/marinara sauce 4g Chicken Fries (8) 14g 2 MMA & 1 WG Steamed Broccoli 3/4c 8g WK Total 10oz MMA & 9 oz WG		
11 WG Chicken Chicken Nuggets (10) 4 MMA & 2WG 34g Hamburger on Bun 2 MMA & 2 WG 2g+26g=28g Mixed Veggies 3/4c 12g WK8	12 WG Chicken Patty on Bun 2 MMA & 1 WG & 2 WG 15g+26g=41g Meat Ball Sub on Bun 2 MMA & 2 WG 6g+25g=31g Cooked Carrots 3/4c 24g	13 Meat Loaf (1) 8g Mashed Potatoes 1/2c 15g Green Beans 1/2c 4g WG Dinner roll (2ea) w/butter 26g 2 MMA & 2 WG	14 Cheese Burger on Bun 2.5 MMA & 2 WG 3g+26g=29g WG Corn Dog 2 MMA & 2 WG 30g Baked Beans 3/4c 30g	15 WG Pizza (Big Daddy) 2 MMA & 2.5 WG 39g Chicken, Bacon, Ranch on WG Bun 2 MMA & 2WG 2g+26g=28g Steamed Broccoli 3/4c 8g WK Total 10oz MMA & 9.33oz WG		
18 WG Chicken Patty on Bun 2 MMA & 1 WG & 2oz WG 15g+26g=41g Hamburger on Bun 2 MMA & 2oz WG 2g+26g=28g Mixed Veggies 3/4c 12g WK1 HH: Salad	19 Nachos Deluxe w/ taco meat lettuce,tomatoes, and cheese 2 MMA & 2.50 WG 40g WG Chickn Nuggets (10) 4 MMA & 2 WG 34g w/Dipping sauces Cooked Carrots 3/4c 24g	20 Baked Steak w/Gravy 3g Mashed Potatoes 1/2c 15g Green Beans 1/2c 4g WG Dinner roll (2ea) w/butter 26g 2 MMA & 2 WG	21 Pulled Pork BBQ on Bun 2 MMA & 2 WG 17g+26+43g Baked Steak Sandwich on Bun 2 MMA & 2 WG 3g+29g=32g Baked Beans 3/4c 30g	22 WG Pizza Bread 2 MMA & 2 WG 34g Veal on Bun 2 MMA & 2 WG 12g+26g=38g Broccoli w/cheese 3/4c 9g WK Total 10oz MMA & 10oz WG		
25 Buffalo Chicken Pizza 35g 2 MMA & 2 WG WG Chicken Strips (4) 2.66 MMA & 1.33 WG 21g w/Dipping sauces Mixed Veggies 3/4c 12g WK2	26 Hamburger on WG Bun 2 MMA & 2 WG 2g+26g=28g BBQ Pork Rib Sub on WG Bun 2 MMA & 2 WG 6g+29G= 38g Cooked Carrots 3/4c 24g	27 Sliced Turkey (2) w/Gravy 4g Mashed Potato 1/2c 15g Green Beans 1/2c 4g WG Dinner roll (2ea) w/butter 26g 2 MMA & 2 WG	28 Cheeseburger on Bun 2.5 MMA & 2 WG 3g+26g=29g Hot Dog on WG Bun w/sauce 2 MMA & 2 WG 6g+25g=31 Baked Beans 3/4c 30g	29 Wild Mikes Cheese Bites (4) 28g 2 MMA & 2 WG w/marinara sauce 4g WG Chickn Nuggets (10) w/dipping sauces 4 MMA & 2 WG 34g Steamed Broccoli 3/4c 8g WK Total 10oz MMA & 9.33 WG		<p>Track you student's breakfast and lunch activity or add money to their cafeteria account on line at www.paypams.com</p>

## Jackson Middle School 6th-8th Lunch Menu

## SPECIAL NOTES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
01 WG Corn Dog <b>2MMA &amp; 2WG 30g</b> WG Chicken Patty on WG Bun <b>2 MMA &amp; 1 WG &amp; 2 WG</b> <b>15g+26g=41g</b> Mixed Veggies 3/4c <b>12g</b> WK3 <i>HH: Salad</i>	02 Meat Ball Sub on Bun <b>2 MMA &amp; 2 WG 6g+25g=31g</b> WG Chicken Strips (4) <b>2.66 MMA &amp; 1.33 WG 21g</b> w/dipping sauces Cooked Carrots 3/4c <b>24g</b>	03 Chili 8oz w/ <sup>2MMA</sup> <b>37g</b> w/Crackers & <sup>.50</sup> <b>1g</b> Half a Cheese Sandwich <b>14g</b> on WG Bread <sup>.50 MMA &amp; 1 WG</sup> <b>2.5 MMA &amp; 1.5 WG 52g</b> Green Beans 3/4c <b>4g</b>	04 Veal on Bun <b>2 MMA &amp; 2 WG 12g+26g=38g</b> Cheeseburger on Bun <b>2.5 MMA &amp; 2 WG 3g+26g=29g</b> Corn 3/4 cup <b>23g</b>	05 WG Pizza (Tony's) <b>2 MMA &amp; 2 WG 37g</b> WG Chickn Nuggets (10) w/dipping sauces <b>4 MMA &amp; 2 WG 34g</b> Baked Beans 3/4c <b>30g</b> WK Total <b>10oz MMA &amp; 9.83 WG</b>	<p><b>Big Salad OR</b> <b>Choice of Main</b> <b>For That Day And</b> <b>Assorted Fruits 1/2c and</b> <b>Vegetables 3/4c</b> <b>To Choose from</b></p> <p>Milk is offered in two flavors 1% White and FF Chocolate A student may only charge up to 3 days. At which point they will be offered an alternative meal until the negative balance has been paid. <b>Indicates Carbs in grams</b></p> <p>Student lunch prices Full Pay \$3.00 Free Reduced Pay \$ .40 Free Milk Only \$ .50 <i>Students are not allowed</i> to <b>CHARGE A la cart</b> items. <i>Must have money on account</i></p> <p>All Menus Subject To Change</p> <p>This institution is an equal opportunity provider.</p>
08 WG Chicken Nuggets (10) <b>4 MMA &amp; 2 WG 34g</b> w/dipping sauces Meat Lovers Stromboli <b>29g</b> w/marinara sauce <b>4g</b> <b>2 MMA &amp; 2 WG 10g+26g=36g</b> Cole Slaw 3/4c <b>9g</b> WK4	09 Cheese Burger on Bun <b>2.5 MMA &amp; 2 WG 3g+26g=29g</b> Meatball Sub on Bun <b>2 MMA &amp; 2 WG 6g+25g=31g</b> Cooked Carrots 3/4c <b>24g</b>	10 Plain Chicken Breast <b>3g</b> AuGratin Potatoes 3/4c <b>25g</b> Green Beans 1/2c <b>4g</b> WG Dinner roll (2ea) w/butter <b>26g</b> <b>2 MMA &amp; 2 WG</b>	11 BBQ Pork Rib Sub on WG Bun <b>2 MMA &amp; 2 WG 6g+29g= 38g</b> Mac & Cheese 1c w/ <b>41g</b> Beanie Weenies 1c <b>33.5g =3/4c</b> B <b>3.14 MMA &amp; 1.32 WG</b>	12 WG Pizza (Big Daddy) <b>2 MMA &amp; 2.5 WG 39g</b> Chicken, Bacon, Ranch on WG Bun <b>2 MMA &amp; 1 WG &amp; 2 WG</b> <b>2g+26g=28g</b> Steamed Broccoli 3/4c <b>8g</b> WK Total <b>10oz MMA &amp; 9.32</b>	
15 WG Chicken Strips (4) <b>2.66 MMA &amp; 1.33 WG 21g</b> w/dipping sauces Hamburger on Bun <b>2 MMA &amp; 2 WG 2g+26g=28g</b> Mixed Veggies 3/4c <b>12g</b> WK5 <i>HH: Salad</i>	16 Nachos Deluxe w/ lettuce, tomatoes, and cheese <b>40g</b> <b>2 MMA &amp; 2.5 WG</b> WG Chicken Strips (4) <b>2.66 MMA &amp; 1.33 WG 34g</b> w/dipping sauces Cooked Carrots 3/4c <b>24g</b>	17 Spaghetti WG w/Meat sauce 1c <sup>2 MMA &amp; 1 WG 34g</sup> WG Bread Stick (1ea) <sup>1 WG 14g</sup> Green Beans 3/4c <b>6g</b> <b>2 MMA &amp; 2 WG</b>	18 Cheese Burger on Bun <b>2.5 MMA &amp; 2 WG 3g+26g=29g</b> Hot Dog on Bun w/sauce <b>2 MMA &amp; 2 WG 6g+25g=31g</b> Tater Totts (12pc) 3/4c <b>24g</b>	19 WG Pizza Bread <b>2 MMA &amp; 2 WG 34g</b> Veal on Bread <b>2 MMA &amp; 2 WG 12g+26g=38g</b> Baked Beans 3/4c <b>30g</b> WK Total <b>10oz MMA &amp; 9.33WG</b>	
22 Cheese Burger on WG Bun <b>2.5 MMA &amp; 2 WG 3g+26g=29g</b>  Chicken Fajita Wrap <b>2 MMA &amp; 2.25 WG 2g+30g=32g</b> Corn 3/4c <b>23g</b> WK6 <i>HH: Salad</i>	23 Meat Ball Sub on Bun <b>2 MMA &amp; 2 WG 6g+25g=31g</b> WG Chicken Strips (4) <b>2.66 MMA &amp; 1.33 WG 34g</b> w/dipping sauces Cooked Carrots 3/4c <b>24g</b>	24 <b>NO SCHOOL</b>	25 <b>NO SCHOOL</b>	26 <b>NO SCHOOL</b>	
29 <b>NO SCHOOL</b>	30 Pulled Pork BBQ on Bun <b>2 MMA &amp; 2 WG 17g+26g=43g</b> Buffalo Chicken Pizza <b>35g</b> <b>2 MMA &amp; 2 WG</b> Cooked Carrots 3/4c <b>24g</b>	01 Baked Steak w/Gravy <b>3g</b> Mashed Potatoes 1/2c <b>15g</b> Green Beans 1/2c <b>4g</b> WG Dinner roll (2ea) w/butter <b>26g</b> <b>2 MMA &amp; 2 WG</b>	02 Cheeseburger on Bun <b>2.5 MMA &amp; 2 WG 3g+26g=29g</b> Hot Dog on Bun w/sauce <b>2 MMA &amp; 2 WG 6g+25g=31</b> Baked Beans 3/4c <b>30g</b>	03 Wild Mikes Cheese Bites (4) <b>28g</b> <b>2 MMA &amp; 2 WG</b> w/marinara sauce <b>4g</b> Chicken Fries (8) <b>14g</b> <b>2 MMA &amp; 1 WG</b> Steamed Broccoli 3/4c <b>8g</b> WK Total <b>10oz MMA &amp; 9 oz WG</b>	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
29 <b>NO SCHOOL</b>	30 Pulled Pork BBQ on Bun <b>2 MMA &amp; 2 WG 17g+26g=43g</b> Buffalo Chicken Pizza <b>35g</b> <b>2 MMA &amp; 2 WG</b> Cooked Carrots 3/4c <b>24g</b>	01 Baked Steak w/Gravy <b>3g</b> Mashed Potatoes 1/2c <b>15g</b> Green Beans 1/2c <b>4g</b> WG Dinner roll (2ea) w/butter <b>26g</b> <b>2 MMA &amp; 2 WG</b>	02 Cheeseburger on Bun <b>2.5 MMA &amp; 2 WG 3g+26g=29g</b> Hot Dog on Bun w/sauce <b>2 MMA &amp; 2 WG 6g+25g=31</b> Baked Beans 3/4c <b>30g</b>	03 Wild Mikes Cheese Bites (4) <b>28g</b> <b>2 MMA &amp; 2 WG</b> w/marinara sauce <b>4g</b> Chicken Fries (8) <b>14g</b> <b>2 MMA &amp; 1 WG</b> Steamed Broccoli 3/4c <b>8g</b> WK Total <b>10oz MMA &amp; 9 oz WG</b>	<p><b>Big Salad OR Choice of Main For That Day And Assorted Fruits 1/2c and Vegetables 3/4c To Choose from</b></p> <p>Milk is offered in two flavors 1% White and FF Chocolate A student may only charge up to 3 days. At which point they will be offered an alternative meal until the negative balance has been paid. <b>Indicates Carbs in grams</b></p> <p>Student lunch prices Full Pay \$3.00 Free Reduced Pay \$ .40 Free Milk Only \$ .50 <i>Students are not allowed to CHARGE a la cart items. Must have money on account</i></p> <p>All Menus Subject To Change</p> <p>This institution is an equal opportunity provider.</p>
06 WG Chicken Chicken Nuggets (10) <b>4 MMA &amp; 2WG 34g</b> Hamburger on Bun <b>2 MMA &amp; 2 WG 2g+26g=28g</b> Mixed Veggies 3/4c <b>12g</b> WK8	07 WG Chicken Patty on Bun <b>2 MMA &amp; 1 WG &amp; 2 WG 15g+26g=41g</b> Meat Ball Sub on Bun <b>2 MMA &amp; 2 WG 6g+25g=31g</b> Cooked Carrots 3/4c <b>24g</b>	08 Meat Loaf (1) <b>8g</b> Mashed Potatoes 1/2c <b>15g</b> Green Beans 1/2c <b>4g</b> WG Dinner roll (2ea) w/butter <b>26g</b> <b>2 MMA &amp; 2 WG</b>	09 Cheese Burger on Bun <b>2.5 MMA &amp; 2 WG 3g+26g=29g</b> WG Corn Dog <b>2 MMA &amp; 2 WG 30g</b> Baked Beans 3/4c <b>30g</b>	10 WG Pizza (Big Daddy) <b>2 MMA &amp; 2.5 WG 39g</b> Chicken, Bacon, Ranch on WG Bun <b>2 MMA &amp; 2WG 2g+26g=28g</b> Steamed Broccoli 3/4c <b>8g</b> WK Total <b>10oz MMA &amp; 9.33oz WG</b>	
13 WG Chicken Patty on Bun <b>2 MMA &amp; 1 WG &amp; 2oz WG 15g+26g=41g</b> Hamburger on Bun <b>2 MMA &amp; 2oz WG 2g+26g=28g</b> Mixed Veggies 3/4c <b>12g</b> WK1 HH: Salad	14 Nachos Deluxe w/ taco meat lettuce,tomatoes, and cheese <b>2 MMA &amp; 2.50 WG 40g</b> WG Chickn Nuggets (10) <b>4 MMA &amp; 2 WG 34g</b> w/Dipping sauces Cooked Carrots 3/4c <b>24g</b>	15 Baked Steak w/Gravy <b>3g</b> Mashed Potatoes 1/2c <b>15g</b> Green Beans 1/2c <b>4g</b> WG Dinner roll (2ea) w/butter <b>26g</b> <b>2 MMA &amp; 2 WG</b>	16 Pulled Pork BBQ on Bun <b>2 MMA &amp; 2 WG 17g+26+43g</b> Baked Steak Sandwich on Bun <b>2 MMA &amp; 2 WG 3g+29g=32g</b> Baked Beans 3/4c <b>30g</b>	17 WG Pizza Bread <b>2 MMA &amp; 2 WG 34g</b> Veal on Bun <b>2 MMA &amp; 2 WG 12g+26g=38g</b> Broccoli w/cheese 3/4c <b>9g</b> WK Total <b>10oz MMA &amp; 10oz WG</b>	
20 <b>NO SCHOOL</b>	21 <b>NO SCHOOL</b>	22 <b>NO SCHOOL</b>	23 <b>NO SCHOOL</b>	24 <b>NO SCHOOL</b>	
27 <b>NO SCHOOL</b>	28 <b>NO SCHOOL</b>	29 <b>NO SCHOOL</b>	30 <b>NO SCHOOL</b>	31 <b>NO SCHOOL</b>	

## Jackson Middle School 6th-8th Lunch Menu

## SPECIAL NOTES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
27	28	29	30	31	
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	<b>Big Salad OR Choice of Main For That Day And Assorted Fruits 1/2c and Vegetables 3/4c To Choose from</b>  Milk is offered in two flavors 1% White and FF Chocolate  A student may only charge up to 3 days. At which point they will be offered an alternative meal until the negative balance has been paid. <b>Indicates Carbs in grams</b>
03	04	05	06	07	
<b>Buffalo Chicken Pizza 35g</b> <b>2 MMA &amp; 2 WG</b> <b>WG Chicken Strips (4)</b> <b>2.66 MMA &amp; 1.33 WG 21g</b> <b>w/Dipping sauces</b> <b>Mixed Veggies 3/4c 12g</b> <b>WK2</b>	Hamburger on WG Bun <b>2 MMA &amp; 2 WG 2g+26g=28g</b> BBQ Pork Rib Sub on WG Bun <b>2 MMA &amp; 2 WG 6g+29g= 38g</b> Cooked Carrots 3/4c 24g	Sliced Turkey (2) w/Gravy 4g Mashed Potato 1/2c 15g Green Beans 1/2c 4g WG Dinner roll (2ea) w/butter 26g <b>2 MMA &amp; 2 WG</b>	Cheeseburger on Bun <b>2.5 MMA &amp; 2 WG 3g+26g=29g</b> Hot Dog on WG Bun w/sauce <b>2 MMA &amp; 2 WG 6g+25g=31</b> Baked Beans 3/4c 30g	Wild Mikes Cheese Bites (4) 28g <b>2 MMA &amp; 2 WG</b> w/marinara sauce 4g WG Chickn Nuggets (10) w/dipping sauces <b>4 MMA &amp; 2 WG 34g</b> Steamed Broccoli 3/4c 8g WK Total 10oz MMA & 9.33 WG	
10	11	12	13	14	
WG Corn Dog <b>2MMA &amp; 2WG 30g</b> WG Chicken Patty on WG Bun <b>2 MMA &amp; 1 WG &amp; 2 WG</b> <b>15g+26g=41g</b> Mixed Veggies 3/4c 12g <b>WK3 HH: Salad</b>	Meat Ball Sub on Bun <b>2 MMA &amp; 2 WG 6g+25g=31g</b> WG Chicken Strips (4) <b>2.66 MMA &amp; 1.33 WG 21g</b> w/dipping sauces Cooked Carrots 3/4c 24g	Chili 8oz w/ <sup>2MMA</sup> 37g w/Crackers & <sup>.50</sup> 1g Half a Cheese Sandwhich 14g on WG Bread <sup>.50 MMA &amp; 1 WG</sup> <b>2.5 MMA &amp; 1.5 WG 52g</b> Green Beans 3/4c 4g	Veal on Bun <b>2 MMA &amp; 2 WG 12g+26g=38g</b> Cheeseburger on Bun <b>2.5 MMA &amp; 2 WG 3g+26g=29g</b> Corn 3/4 cup 23g	WG Pizza (Tony's) <b>2 MMA &amp; 2 WG 37g</b> WG Chickn Nuggets (10) w/dipping sauces <b>4 MMA &amp; 2 WG 34g</b> Baked Beans 3/4c 30g WK Total 10oz MMA & 9.83 WG	<b>Student lunch prices</b> Full Pay \$3.00 Free Reduced Pay \$ .40 Free Milk Only \$ .50 <i>Students are not allowed to CHARGE a la cart items. Must have money on account</i>
17	18	19	20	21	
<b>NO SCHOOL</b> WK 5	Cheese Burger on Bun <b>2.5 MMA &amp; 2 WG 3g+26g=29g</b> Meatball Sub on Bun <b>2 MMA &amp; 2 WG 6g+25g=31g</b> Cooked Carrots 3/4c 24g	Plain Chicken Breast 3g AuGratin Potatoes 3/4c 25g Green Beans 1/2c 4g WG Dinner roll (2ea) w/butter 26g <b>2 MMA &amp; 2 WG</b>	BBQ Pork Rib Sub on WG Bun <b>2 MMA &amp; 2 WG 6g+29g= 38g</b> Mac & Cheese 1c w/ 41g Beanie Weenies 1c 33.5g =3/4c B 3.14 MMA & 1.32 WG	WG Pizza (Big Daddy) <b>2 MMA &amp; 2.5 WG 39g</b> Chicken, Bacon, Ranch on WG Bun <b>2 MMA &amp; 1 WG &amp; 2 WG</b> <b>2g+26g=28g</b> Steamed Broccoli 3/4c 8g WK Total 10oz MMA & 9.32	<b>All Menus</b> <b>Subject To Change</b>  This institution is an equal opportunity provider.
24	25	26	27	28	
WG Chicken Strips (4) <b>2.66 MMA &amp; 1.33 WG 21g</b> w/dipping sauces Hamburger on Bun <b>2 MMA &amp; 2 WG 2g+26g=28g</b> Mixed Veggies 3/4c 12g <b>WK5 HH: Salad</b>	Nachos Deluxe w/ lettuce, tomatoes, and cheese 40g <b>2 MMA &amp; 2.5 WG</b> WG Chicken Strips (4) <b>2.66 MMA &amp; 1.33 WG 34g</b> w/dipping sauces Cooked Carrots 3/4c 24g	Spaghetti WG w/Meat sauce 1c <b>2 MMA &amp; 1 WG 34g</b> WG Bread Stick (1ea) 1 WG 14g Green Beans 3/4c 6g <b>2 MMA &amp; 2 WG</b>	Cheese Burger on Bun <b>2.5 MMA &amp; 2 WG 3g+26g=29g</b> Hot Dog on Bun w/sauce <b>2 MMA &amp; 2 WG 6g+25g=31g</b> Tater Totts (12pc) 3/4c 24g	WG Pizza Bread <b>2 MMA &amp; 2 WG 34g</b> Veal on Bread <b>2 MMA &amp; 2 WG 12g+26g=38g</b> Baked Beans 3/4c 30g WK Total 10oz MMA & 9.33WG	<b>Track you student's</b> <b>breakfast and lunch activity</b> <b>or add money to their</b> <b>cafeteria account on line at</b> <b>www.paypams.com</b>

## Jackson Middle School 6th-8th Lunch Menu

## SPECIAL NOTES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
31 Cheese Burger on WG Bun 2.5 MMA & 2 WG 3g+26g=29g  Chicken Fajita Wrap MMA & 2.25 WG 2g+30g=32g Corn 3/4c 23g WK6 HH: Salad	01 Meat Ball Sub on Bun 2 MMA & 2 WG 6g+25g=31g WG Chicken Strips (4) 2.66 MMA & 1.33 WG 34g w/dipping sauces Cooked Carrots 3/4c 24g	02 General TSO Chicken 3 oz 22g Fried Rice 1/2 c 17g Stir Fried Vegetables 3/4c 9g 2 MMA & 2 WG	03 Hamburger on Bun 2 MMA & 2 WG 2g+26g=28g Mac & Cheese 1c w/ Beanie Weenies 1c 33.5g =3/4c B 3.14 MMA & 1.32 WG 41g	04 WG Pizza (Tony's) 2 MMA & 2 WG 37g WG Chicken Nuggets (10) 4 MMA & 2 WG 34g w/dipping sauces Mixed Veggies 3/4c 12g WK Total 10oz MMA & 8.65 WG	<p><b>Big Salad OR Choice of Main For That Day And Assorted Fruits 1/2c and Vegetables 3/4c To Choose from</b></p> <p>Milk is offered in two flavors 1% White and FF Chocolate A student may only charge up to 3 days. At which point they will be offered an alternative meal until the negative balance has been paid. <b>Indicates Carbs in grams</b></p> <p>Student lunch prices Full Pay \$3.00 Free Reduced Pay \$ .40 Free Milk Only \$ .50 <i>Students are not allowed to CHARGE a la cart items. Must have money on account</i></p> <p>All Menus Subject To Change</p> <p>This institution is an equal opportunity provider.</p>	
07 WG Chicken Patty on Bun 2 MMA & 1WG & 2 WG 15g+26g=41g Hamburger on Bun 2 MMA & 2 WG 2g+26g=28g Mixed Veggies 3/4c 12g WK7 HH: Salad	08 Pulled Pork BBQ on Bun 2 MMA & 2 WG 17g+26g=43g Buffalo Chicken Pizza 35g 2 MMA & 2 WG Cooked Carrots 3/4c 24g	09 Baked Steak w/Gravy 3g Mashed Potatoes 1/2c 15g Green Beans 1/2c 4g WG Dinner roll (2ea) w/butter 26g 2 MMA & 2 WG	10 Cheeseburger on Bun 2.5 MMA & 2 WG 3g+26g=29g Hot Dog on Bun w/sauce 2 MMA & 2 WG 6g+25g=31 Baked Beans 3/4c 30g	11 Wild Mikes Cheese Bites (4) 28g 2 MMA & 2 WG w/marinara sauce 4g Chicken Fries (8) 14g 2 MMA & 1 WG Steamed Broccoli 3/4c 8g WK Total 10oz MMA & 9 oz WG		
14 WG Chicken Chicken Nuggets (10) 4 MMA & 2WG 34g Hamburger on Bun 2 MMA & 2 WG 2g+26g=28g Mixed Veggies 3/4c 12g WK8	15 WG Chicken Patty on Bun 2 MMA & 1 WG & 2 WG 15g+26g=41g Meat Ball Sub on Bun 2 MMA & 2 WG 6g+25g=31g Cooked Carrots 3/4c 24g	16 Meat Loaf (1) 8g Mashed Potatoes 1/2c 15g Green Beans 1/2c 4g WG Dinner roll (2ea) w/butter 26g 2 MMA & 2 WG	17 Cheese Burger on Bun 2.5 MMA & 2 WG 3g+26g=29g WG Corn Dog 2 MMA & 2 WG 30g Baked Beans 3/4c 30g	18 WG Pizza (Big Daddy) 2 MMA & 2.5 WG 39g Chicken, Bacon, Ranch on WG Bun 2 MMA & 2WG 2g+26g=28g Steamed Broccoli 3/4c 8g WK Total 10oz MMA & 9.33oz WG		
21 <b>NO SCHOOL</b> WK 1	22 Nachos Deluxe w/ taco meat lettuce,tomatoes, and cheese 2 MMA & 2.50 WG 40g WG Chickn Nuggets (10) 4 MMA & 2 WG 34g w/Dipping sauces Cooked Carrots 3/4c 24g	23 Baked Steak w/Gravy 3g Mashed Potatoes 1/2c 15g Green Beans 1/2c 4g WG Dinner roll (2ea) w/butter 26g 2 MMA & 2 WG	24 Pulled Pork BBQ on Bun 2 MMA & 2 WG 17g+26+43g Baked Steak Sandwich on Bun 2 MMA & 2 WG 3g+29g=32g Baked Beans 3/4c 30g	25 WG Pizza Bread 2 MMA & 2 WG 34g Veal on Bun 2 MMA & 2 WG 12g+26g=38g Broccoli w/cheese 3/4c 9g WK Total 10oz MMA & 10oz WG		
28 Buffalo Chicken Pizza 35g 2 MMA & 2 WG WG Chicken Strips (4) 2.66 MMA & 1.33 WG 21g w/Dipping sauces Mixed Veggies 3/4c 12g WK2	01 Hamburger on WG Bun 2 MMA & 2 WG 2g+26g=28g BBQ Pork Rib Sub on WG Bun 2 MMA & 2 WG 6g+29G= 38g Cooked Carrots 3/4c 24g	02 Sliced Turkey (2) w/Gravy 4g Mashed Potato 1/2c 15g Green Beans 1/2c 4g WG Dinner roll (2ea) w/butter 26g 2 MMA & 2 WG	03 Cheeseburger on Bun 2.5 MMA & 2 WG 3g+26g=29g Hot Dog on WG Bun w/sauce 2 MMA & 2 WG 6g+25g=31 Baked Beans 3/4c 30g	04 Wild Mikes Cheese Bites (4) 28g 2 MMA & 2 WG w/marinara sauce 4g WG Chickn Nuggets (10) w/dipping sauces 4 MMA & 2 WG 34g Steamed Broccoli 3/4c 8g WK Total 10oz MMA & 9.33 WG		Track you student's breakfast and lunch activity or add money to their cafeteria account on line at www.paypams.com

# Jackson Middle School 6th-8th Lunch Menu

## SPECIAL NOTES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
07 WG Corn Dog <b>2MMA &amp; 2WG 30g</b> WG Chicken Patty on WG Bun <b>2 MMA &amp; 1 WG &amp; 2 WG</b> <b>15g+26g=41g</b> Mixed Veggies 3/4c <b>12g</b> WK3 HH: Salad	08 Meat Ball Sub on Bun <b>2 MMA &amp; 2 WG 6g+25g=31g</b> WG Chicken Strips (4) <b>2.66 MMA &amp; 1.33 WG 21g</b> w/dipping sauces Cooked Carrots 3/4c <b>24g</b>	09 Chili 8oz w/ <sup>2</sup> MMA <b>37g</b> w/Crackers & <sup>.50</sup> <b>1g</b> Half a Cheese Sandwich <b>14g</b> on WG Bread <sup>.50</sup> MMA & <sup>1</sup> WG <b>2.5 MMA &amp; 1.5 WG 52g</b> Green Beans 3/4c <b>4g</b>	10 Veal on Bun <b>2 MMA &amp; 2 WG 12g+26g=38g</b> Cheeseburger on Bun <b>2.5 MMA &amp; 2 WG 3g+26g=29g</b> Corn 3/4 cup <b>23g</b>	11 WG Pizza (Tony's) <b>2 MMA &amp; 2 WG 37g</b> WG Chickn Nuggets (10) w/dipping sauces <b>4 MMA &amp; 2 WG 34g</b> Baked Beans 3/4c <b>30g</b> WK Total <b>10oz MMA &amp; 9.83 WG</b>
14 WG Chicken Nuggets (10) <b>4 MMA &amp; 2 WG 34g</b> w/dipping sauces Meat Lovers Stromboli <b>29g</b> w/marinara sauce <b>4g</b> <b>2 MMA &amp; 2 WG 10g+26g=36g</b> Cole Slaw 3/4c <b>9g</b> WK4	15 Cheese Burger on Bun <b>2.5 MMA &amp; 2 WG 3g+26g=29g</b> Meatball Sub on Bun <b>2 MMA &amp; 2 WG 6g+25g=31g</b> Cooked Carrots 3/4c <b>24g</b>	16 Plain Chicken Breast <b>3g</b> AuGratin Potatoes 3/4c <b>25g</b> Green Beans 1/2c <b>4g</b> WG Dinner roll (2ea) w/butter <b>26g</b> <b>2 MMA &amp; 2 WG</b>	17 BBQ Pork Rib Sub on WG Bun <b>2 MMA &amp; 2 WG 6g+29g= 38g</b> Mac & Cheese 1c w/ <b>41g</b> Beanie Weenies 1c <b>33.5g =3/4c</b> <b>B</b> <b>3.14 MMA &amp; 1.32 WG</b>	18 WG Pizza (Big Daddy) <b>2 MMA &amp; 2.5 WG 39g</b> Chicken, Bacon, Ranch on WG Bun <b>2 MMA &amp; 1 WG &amp; 2 WG</b> <b>2g+26g=28g</b> Steamed Broccoli 3/4c <b>8g</b> WK Total <b>10oz MMA &amp; 9.32</b>
21 WG Chicken Strips (4) <b>2.66 MMA &amp; 1.33 WG 21g</b> w/dipping sauces Hamburger on Bun <b>2 MMA &amp; 2 WG 2g+26g=28g</b> Mixed Veggies 3/4c <b>12g</b> WK5 HH: Salad	22 Nachos Deluxe w/ lettuce, tomatoes, and cheese <b>40g</b> <b>2 MMA &amp; 2.5 WG</b> WG Chicken Strips (4) <b>2.66 MMA &amp; 1.33 WG 34g</b> w/dipping sauces Cooked Carrots 3/4c <b>24g</b>	23 Spaghetti WG w/Meat sauce 1c <b>2 MMA &amp; 1 WG 34g</b> WG Bread Stick (1ea) <b>1 WG 14g</b> Green Beans 3/4c <b>6g</b> <b>2 MMA &amp; 2 WG</b>	24 Cheese Burger on Bun <b>2.5 MMA &amp; 2 WG 3g+26g=29g</b> Hot Dog on Bun w/sauce <b>2 MMA &amp; 2 WG 6g+25g=31g</b> Tater Totts (12pc) 3/4c <b>24g</b>	25 WG Pizza Bread <b>2 MMA &amp; 2 WG 34g</b> Veal on Bread <b>2 MMA &amp; 2 WG 12g+26g=38g</b> Baked Beans 3/4c <b>30g</b> WK Total <b>10oz MMA &amp; 9.33WG</b>
28 Cheese Burger on WG Bun <b>2.5 MMA &amp; 2 WG 3g+26g=29g</b>  Chicken Fajita Wrap <b>2 MMA &amp; 2.25 WG 2g+30g=32g</b> Corn 3/4c <b>23g</b> WK6 HH: Salad	29 Meat Ball Sub on Bun <b>2 MMA &amp; 2 WG 6g+25g=31g</b> WG Chicken Strips (4) <b>2.66 MMA &amp; 1.33 WG 34g</b> w/dipping sauces Cooked Carrots 3/4c <b>24g</b>	30 General TSO Chicken 3 oz <b>22g</b> Fried Rice 1/2 c <b>17g</b> Stir Fried Vegetables 3/4c <b>9g</b> <b>2 MMA &amp; 2 WG</b>	31 Hamburger on Bun <b>2 MMA &amp; 2 WG 2g+26g=28g</b> Mac & Cheese 1c w/ Beanie Weenies 1c <b>33.5g =3/4c B</b> <b>3.14 MMA &amp; 1.32 WG 41g</b>	01 WG Pizza (Tony's) <b>2 MMA &amp; 2 WG 37g</b> WG Chicken Nuggets (10) <b>4 MMA &amp; 2 WG 34g</b> w/dipping sauces Mixed Veggies 3/4c <b>12g</b> WK Total <b>10oz MMA &amp; 8.65 WG</b>

**Big Salad OR  
Choice of Main  
For That Day And  
Assorted Fruits 1/2c and  
Vegetables 3/4c  
To Choose from**

Milk is offered in two flavors  
1% White and FF Chocolate

A student may only charge up to  
3 days. At which point they  
will be offered an alternative  
meal until the negative  
balance has been paid.

**Indicates Carbs in grams**

Student lunch prices  
Full Pay \$3.00 Free  
Reduced Pay \$ .40 Free  
Milk Only \$ .50  
*Students are not allowed  
to CHARGE A la cart items.  
Must have money on account*

All Menus  
Subject To Change

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Track you student's  
breakfast and lunch activity  
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cafeteria account on line at  
[www.paypams.com](http://www.paypams.com)



2022

April

## Jackson Middle School 6th-8th Lunch Menu

## SPECIAL NOTES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
28 Cheese Burger on WG Bun 2.5 MMA & 2 WG 3g+26g=29g  Chicken Fajita Wrap MMA & 2.25 WG 2g+30g=32g Corn 3/4c 23g WK6 HH: Salad	29 Meat Ball Sub on Bun 2 MMA & 2 WG 6g+25g=31g WG Chicken Strips (4) 2 2.66 MMA & 1.33 WG 34g w/dipping sauces Cooked Carrots 3/4c 24g	30 General TSO Chicken 3 oz 22g Fried Rice 1/2 c 17g Stir Fried Vegetables 3/4c 9g 2 MMA & 2 WG	31 Hamburger on Bun 2 MMA & 2 WG 2g+26g=28g Mac & Cheese 1c w/ Beanie Weenies 1c 33.5g =3/4c B 3.14 MMA & 1.32 WG 41g	01 WG Pizza (Tony's) 2 MMA & 2 WG 37g WG Chicken Nuggets (10) 4 MMA & 2 WG 34g w/dipping sauces Mixed Veggies 3/4c 12g WK Total 10oz MMA & 8.65 WG	<p><b>Big Salad OR Choice of Main For That Day And Assorted Fruits 1/2c and Vegetables 3/4c To Choose from</b></p> <p>Milk is offered in two flavors 1% White and FF Chocolate</p> <p>A student may only charge up to 3 days. At which point they will be offered an alternative meal until the negative balance has been paid.</p> <p><b>Indicates Carbs in grams</b></p> <p>Student lunch prices Full Pay \$3.00 Free Reduced Pay \$ .40 Free Milk Only \$ .50</p> <p><i>Students are not allowed to CHARGE A la cart items. Must have money on account</i></p> <p>All Menus Subject To Change</p> <p>This institution is an equal opportunity provider.</p>
04 WG Chicken Patty on Bun 2 MMA & 1WG & 2 WG 15g+26g=41g Hamburger on Bun 2 MMA & 2 WG 2g+26g=28g Mixed Veggies 3/4c 12g WK7 HH: Salad	05 Pulled Pork BBQ on Bun 2 MMA & 2 WG 17g+26g=43g Buffalo Chicken Pizza 35g 2 MMA & 2 WG Cooked Carrots 3/4c 24g	06 Baked Steak w/Gravy 3g Mashed Potatoes 1/2c 15g Green Beans 1/2c 4g WG Dinner roll (2ea) w/butter 26g 2 MMA & 2 WG	07 Cheeseburger on Bun 2.5 MMA & 2 WG 3g+26g=29g Hot Dog on Bun w/sauce 2 MMA & 2 WG 6g+25g=31 Baked Beans 3/4c 30g	08 Wild Mikes Cheese Bites (4) 28g 2 MMA & 2 WG w/marinara sauce 4g Chicken Fries (8) 14g 2 MMA & 1 WG Steamed Broccoli 3/4c 8g WK Total 10oz MMA & 9 oz WG	
11 NO SCHOOL	12 NO SCHOOL	13 NO SCHOOL	14 NO SCHOOL	15 NO SCHOOL	
18 NO SCHOOL	19 WG Chicken Patty on Bun 2 MMA & 1 WG & 2 WG 15g+26g=41g Meat Ball Sub on Bun 2 MMA & 2 WG 6g+25g=31g Cooked Carrots 3/4c 24g	20 Meat Loaf (1) 8g Mashed Potatoes 1/2c 15g Green Beans 1/2c 4g WG Dinner roll (2ea) w/butter 26g 2 MMA & 2 WG	21 Cheese Burger on Bun 2.5 MMA & 2 WG 3g+26g=29g WG Corn Dog 2 MMA & 2 WG 30g Baked Beans 3/4c 30g	22 WG Pizza (Big Daddy) 2 MMA & 2.5 WG 39g Chicken, Bacon, Ranch on WG Bun 2 MMA & 2WG 2g+26g=28g Steamed Broccoli 3/4c 8g WK Total 10oz MMA & 9.33oz WG	
25 WG Chicken Patty on Bun 2 MMA & 1 WG & 2oz WG 15g+26g=41g Hamburger on Bun 2 MMA & 2oz WG 2g+26g=28g Mixed Veggies 3/4c 12g WK1 HH: Salad	26 Nachos Deluxe w/ taco meat lettuce,tomatoes, and cheese 2 MMA & 2.50 WG 40g WG Chickn Nuggets (10) 4 MMA & 2 WG 34g w/Dipping sauces Cooked Carrots 3/4c 24g	27 Baked Steak w/Gravy 3g Mashed Potatoes 1/2c 15g Green Beans 1/2c 4g WG Dinner roll (2ea) w/butter 26g 2 MMA & 2 WG	28 Pulled Pork BBQ on Bun 2 MMA & 2 WG 17g+26+43g Baked Steak Sandwhich on Bun 2 MMA & 2 WG 3g+29g=32g Baked Beans 3/4c 30g	29 WG Pizza Bread 2 MMA & 2 WG 34g Veal on Bun 2 MMA & 2 WG 12g+26g=38g Broccoli w/cheese 3/4c 9g WK Total 10oz MMA & 10oz WG	

Track you student's breakfast and lunch activity or add money to their cafeteria account on line at [www.paypams.com](http://www.paypams.com)

# Jackson Middle School 6th-8th Lunch Menu

## SPECIAL NOTES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
25 WG Chicken Patty on Bun <b>2 MMA &amp; 1 WG &amp; 2oz WG</b> <b>15g+26g=41g</b> Hamburger on Bun <b>2 MMA &amp; 2oz WG 2g+26g=28g</b> Mixed Veggies 3/4c <b>12g</b> <b>WK1 HH: Salad</b>	26 Nachos Deluxe w/ taco meat lettuce,tomatoes, and cheese <b>2 MMA &amp; 2.50 WG 40g</b> WG Chickn Nuggets (10) <b>4 MMA &amp; 2 WG 34g</b> w/Dipping sauces Cooked Carrots 3/4c <b>24g</b>	27 Baked Steak w/Gravy <b>3g</b> Mashed Potatoes 1/2c <b>15g</b> Green Beans 1/2c <b>4g</b> WG Dinner roll (2ea) w/butter <b>26g</b> <b>2 MMA &amp; 2 WG</b>	28 Pulled Pork BBQ on Bun <b>2 MMA &amp; 2 WG 17g+26+43g</b> Baked Steak Sandwich on Bun <b>2 MMA &amp; 2 WG 3g+29g=32g</b> Baked Beans 3/4c <b>30g</b>	29 WG Pizza Bread <b>2 MMA &amp; 2 WG 34g</b> Veal on Bun <b>2 MMA &amp; 2 WG 12g+26g=38g</b> Broccoli w/cheese 3/4c <b>9g</b> WK Total <b>10oz MMA &amp; 10oz WG</b>	<p><b>Big Salad OR</b> <b>Choice of Main</b> <b>For That Day And</b> <b>Assorted Fruits 1/2c and</b> <b>Vegetables 3/4c</b> <b>To Choose from</b></p> <p>Milk is offered in two flavors 1% White and FF Chocolate A student may only charge up to 3 days. At which point they will be offered an alternative meal until the negative balance has been paid. <b>Indicates Carbs in grams</b></p> <p>Student lunch prices Full Pay \$3.00 Free Reduced Pay \$ .40 Free Milk Only \$ .50 <i>Students are not allowed to <b>CHARGE A la cart</b> items. Must have money on account</i></p> <p>All Menus Subject To Change</p> <p>This institution is an equal opportunity provider.</p>
02 <b>Buffalo Chicken Pizza 35g</b> <b>2 MMA &amp; 2 WG</b> <b>WG Chicken Strips (4)</b> <b>2.66 MMA &amp; 1.33 WG 21g</b> w/Dipping sauces <b>Mixed Veggies 3/4c 12g</b> <b>WK2</b>	03 Hamburger on WG Bun <b>2 MMA &amp; 2 WG 2g+26g=28g</b> BBQ Pork Rib Sub on WG Bun <b>2 MMA &amp; 2 WG 6g+29g= 38g</b> Cooked Carrots 3/4c <b>24g</b>	04 Sliced Turkey (2) w/Gravy <b>4g</b> Mashed Potato 1/2c <b>15g</b> Green Beans 1/2c <b>4g</b> WG Dinner roll (2ea) w/butter <b>26g</b> <b>2 MMA &amp; 2 WG</b>	05 Cheeseburger on Bun <b>2.5 MMA &amp; 2 WG 3g+26g=29g</b> Hot Dog on WG Bun w/sauce <b>2 MMA &amp; 2 WG 6g+25g=31</b> Baked Beans 3/4c <b>30g</b>	06 Wild Mikes Cheese Bites (4) <b>28g</b> <b>2 MMA &amp; 2 WG</b> w/marinara sauce <b>4g</b> WG Chickn Nuggets (10) w/dipping sauces <b>4 MMA &amp; 2 WG 34g</b> Steamed Broccoli 3/4c <b>8g</b> WK Total <b>10oz MMA &amp; 9.33 WG</b>	
09 WG Corn Dog <b>2MMA &amp; 2WG 30g</b> WG Chicken Patty on WG Bun <b>2 MMA &amp; 1 WG &amp; 2 WG</b> <b>15g+26g=41g</b> Mixed Veggies 3/4c <b>12g</b> <b>WK3 HH: Salad</b>	10 Meat Ball Sub on Bun <b>2 MMA &amp; 2 WG 6g+25g=31g</b> WG Chicken Strips (4) <b>2.66 MMA &amp; 1.33 WG 21g</b> w/dipping sauces Cooked Carrots 3/4c <b>24g</b>	11 Chili 8oz w/ <sup>2MMA</sup> <b>37g</b> w/Crackers & <sup>.50</sup> <b>1g</b> Half a Cheese Sandwich <b>14g</b> on WG Bread <sup>.50 MMA &amp; 1 WG</sup> <b>2.5 MMA &amp; 1.5 WG 52g</b> Green Beans 3/4c <b>4g</b>	12 Veal on Bun <b>2 MMA &amp; 2 WG 12g+26g=38g</b> Cheeseburger on Bun <b>2.5 MMA &amp; 2 WG 3g+26g=29g</b> Corn 3/4 cup <b>23g</b>	13 WG Pizza (Tony's) <b>2 MMA &amp; 2 WG 37g</b> WG Chickn Nuggets (10) w/dipping sauces <b>4 MMA &amp; 2 WG 34g</b> Baked Beans 3/4c <b>30g</b> WK Total <b>10oz MMA &amp; 9.83 WG</b>	
16 WG Chicken Nuggets (10) <b>4 MMA &amp; 2 WG 34g w/dipping sauces</b> Meat Lovers Stromboli <b>29g</b> w/marinara sauce <b>4g</b> <b>2 MMA &amp; 2 WG 10g+26g=36g</b> Cole Slaw 3/4c <b>9g</b> <b>WK4</b>	17 Cheese Burger on Bun <b>2.5 MMA &amp; 2 WG 3g+26g=29g</b> Meatball Sub on Bun <b>2 MMA &amp; 2 WG 6g+25g=31g</b> Cooked Carrots 3/4c <b>24g</b>	18 Plain Chicken Breast <b>3g</b> AuGratin Potatoes 3/4c <b>25g</b> Green Beans 1/2c <b>4g</b> WG Dinner roll (2ea) w/butter <b>26g</b> <b>2 MMA &amp; 2 WG</b>	19 BBQ Pork Rib Sub on WG Bun <b>2 MMA &amp; 2 WG 6g+29g= 38g</b> Mac & Cheese 1c w/ <b>41g</b> Beanie Weenies 1c <b>33.5g =3/4c</b> <b>B</b> <b>3.14 MMA &amp; 1.32 WG</b>	20 WG Pizza (Big Daddy) <b>2 MMA &amp; 2.5 WG 39g</b> Chicken, Bacon, Ranch on WG Bun <b>2 MMA &amp; 1 WG &amp; 2 WG</b> <b>2g+26g=28g</b> Steamed Broccoli 3/4c <b>8g</b> WK Total <b>10oz MMA &amp; 9.32</b>	
23 WG Chicken Strips (4) <b>2.66 MMA &amp; 1.33 WG 21g</b> w/dipping sauces Hamburger on Bun <b>2 MMA &amp; 2 WG 2g+26g=28g</b> Mixed Veggies 3/4c <b>12g</b> <b>WK5 HH: Salad</b>	24 Nachos Deluxe w/ lettuce, tomatoes, and cheese <b>40g</b> <b>2 MMA &amp; 2.5 WG</b> WG Chicken Strips (4) <b>2.66 MMA &amp; 1.33 WG 34g</b> w/dipping sauces Cooked Carrots 3/4c <b>24g</b>	25 <b>Cooks Choice</b>	26 <b>Cooks Choice</b>	27 <b>Cooks Choice</b>	

# Jackson K-12 Lunch Summer 2022

<b>CARBS</b> Milk 1% White 8oz <b>13g</b> Milk FF Chocolate 8oz <b>20g</b> 100% orange juice 4oz <b>14g</b> Silk Vanilla 8oz <b>12g</b> Lactose Free 8oz <b>13g</b>	<b>Condiments CARBS</b> Ketchup 1 tbl sp <b>4g</b> BBQ cup <b>11g</b> Honey mustard cup <b>6g</b> Sweet & Sour cup <b>11g</b> Marinara cup <b>4g</b> Ranch Dressing 1oz <b>3g</b>	<b>CARBS</b> Fruit Cups USDA Apple sauce cups Plain <b>14g</b> Apple sauce cups Flavored <b>17g</b> Peaches diced Cups <b>18g</b> Strawberry cups <b>22g</b> Mixed Berry Cups <b>20g</b>	<b>Canned Fruit CARBS</b> Mixed Fruit 1/2 c <b>15g</b> Mandarin Oranges 1/2c <b>13g</b> Peaches 1/2c <b>12g</b> Pears 1/2c <b>14g</b> Apple Sauce 1/2c <b>13g</b> Pineapples 1/2c <b>20g</b>	<b>CARBS</b> Fresh Fruit Whole Apple RD 125ct <b>19g</b> Whole Bananna 90ct <b>27g</b> Whole Orange 113ct <b>21g</b> Whole Apple GD 125ct <b>19g</b>	
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Indicates Carbs in grams</b>
Un Crustable (Peanut Free) <b>28g</b> String Cheese & Cheddar GF <b>16g</b> Rainbow Carrots 1/2c Broccoli & Cauliflower w/ranch 1/2c Apple Whole 1/2c WK1 2 oz MMA & 2 WG	Hamburger w/ Pickles <b>2g</b> on WG Bun <b>26g</b> Cauliflower w/ranch 1/2c Cherry Tomatoes 1/2c Apple Sauce Cup 1/2c 2 oz MMA & 2WG	Chicken Nuggets WG (5pc) <b>16g</b> w/BBQ sauce WG Gold Fish Cheddar Cracker .75oz Broccoli w/ranch 1/2 c Cucumbers sliced 1/2c 2oz MMA & 2WG	Mini Corn Dogs (6pc) WG <b>27g</b> Carrot Coins w/ranch 1/2 C Cherry Tomatoes 1/2 c Diced Peach Cup 1/2 2oz MMA & 2WG	The Max Round Pepperoni Pizza <b>39g</b> Yellow Squash 1/2c Zucchini w/ranch 1/2 c Diced Fruit Cup 1/2 2 oz MMA & 2 WG	This Institution is an Equal Opportunity Provider.  All Grab and go lunches served with the following
Un Crustable (Peanut Free) <b>28g</b> String Cheese & Cheddar GF <b>16g</b> Rainbow Carrots 1/2c Broccoli & Cauliflower w/ranch 1/2c Apple Whole 1/2c WK1 2 oz MMA & 2 WG	WG Chicken Patty w/pickles <b>15g</b> on WG Bun Cauliflower w/ranch 1/2c Cherry Tomatoes 1/2c Apple Sauce Cup 1/2c 2oz MMA & 2 WG	Chili Cheese Wrap <b>38g</b> Broccoli w/ranch 1/2 c Cucumbers sliced 1/2c Whole Oranges 1/2c 2oz MMA & 2 WG	Beef Taco Wrap <b>32g</b> Carrot Coins w/ranch 1/2 C Cherry Tomatoes 1/2 c Diced Peach Cup 1/2 2oz MMA & 2 WG	Wilde Mikes Cheese Bites (4ea) <b>28g</b> w/marinara sauce <b>4g</b> Yellow Squash 1/2c Zucchini w/ranch 1/2 c Diced Fruit Cup 1/2 19g 2oz MMA & 2 WG	K-12 Main of the day K-12 receive 1 cup of vegetable K-12 8 oz FF Chocolate Milk K-8 receive 1/2 cup of fruit 9-12 receive 1 cup of fruit
Un Crustable (Peanut Free) <b>28g</b> String Cheese & Cheddar GF <b>16g</b> Rainbow Carrots 1/2c Broccoli & Cauliflower w/ranch 1/2c Apple Whole 1/2c WK1 2 oz MMA & 2 WG	Cheese Burger w/pickles <b>3g</b> On Bun <b>26g</b> Cauliflower w/ranch 1/2c Cherry Tomatoes 1/2c Apple Sauce Cup 1/2c 20g 2.5oz MMA & 2oz WG	Mini Corn Dogs (6pc) WG <b>27g</b> Broccoli w/ranch 1/2 c Cucumbers sliced 1/2c Whole Oranges 1/2c 13g 2oz MMA & 2WG	Tortilla Chips 1.5oz bag <b>30g</b> w/taco meat 1/3 cup <b>2g</b> Cheddar Cheese cup 3oz <b>14g</b> Carrot Coins w/ranch 1/2 C Salsa 1/2 cup <b>3g</b> Diced peach cup 1/2c 3oz MMA & 2 WG	Meat Lovers Stromboli <b>34g</b> Yellow Squash 1/2c Zucchini w/ranch 1/2 c Diced Fruit Cup 1/2 2 oz MMA & 2 WG	All Menus Subject to Change
Un Crustable (Peanut Free) <b>28g</b> String Cheese & Cheddar GF <b>16g</b> Rainbow Carrots 1/2c Broccoli & Cauliflower w/ranch 1/2c Apple Whole 1/2c WK1 2 oz MMA & 2 WG	Hamburger w/pickles <b>2g</b> on WG Bun <b>26g</b> Cauliflower w/ranch 1/2c Cherry Tomatoes 1/2c Apple Sauce Cup 1/2c 20g 2oz MMA & 2 WG	Chicken Nuggets WG (5pc) <b>16g</b> w/BBQ sauce WG Gold Fish Cheddar Cracker .75oz Broccoli w/ranch 1/2 c Cucumbers sliced 1/2c 2oz MMA & 2WG	The Max Twisted Cheddar & Mozzarella Stuffed Bread Stik (2) <b>38g</b> Carrot Coins w/ranch 1/2 C Cherry Tomatoes 1/2 c Diced Peach Cup 1/2 c 2oz MMA & 2 WG	Cheesy French Bread WG <b>34g</b> Yellow Squash 1/2c Zucchini w/ranch 1/2 c Diced Fruit Cup 1/2 2oz MMA & 2 WG	