

Jack's - July 2019

Mon	Tue	Wed	Thu	Fri
Jack's is 100% nut free and made from scratch!	**Dairy Free, Vegetarian , and Gluten Free Options everyday.	Contact us for substitutions for younger students and allergies.		
<p>1 COMFORT FOOD</p> <p>Milk</p> <p>A. Fish n' Chips: all natural breaded and baked whitefish strips and roasted potatoes ("chips")</p> <p>B. GF chicken strips</p> <p>*grapes (or age appropriate substitute)</p> <p>*homemade baked "chips"</p>	<p>2 FROM THE GRILL</p> <p>Milk</p> <p>A. All Beef Hamburger - DF</p> <p>B. (available GF)</p> <p>C. Veggie Burger</p> <p>*apple slices</p> <p>*baked beans</p>	<p>3 PASTA DAY</p> <p>Milk</p> <p>A. Chicken Parm Shells with Marinara - DF</p> <p>B. Shells with marinara</p> <p>C. (available GF)</p> <p>*clementine</p> <p>*steamed carrots</p>	<p>4</p> <p>CLOSED FOR INDEPENDENCE DAY</p>	<p>5 PIZZA DAY</p> <p>Milk</p> <p>A. Homemade Cheese Pizza</p> <p>B. (available GF)</p> <p>C. Turkey Sammy - (DF)</p> <p>*fruit salad</p> <p>*steamed green beans</p>
<p>8 COMFORT FOOD</p> <p>Milk</p> <p>A. All natural chicken strips - DF</p> <p>B. (available GF)</p> <p>C. Bosco Sticks</p> <p>*banana</p> <p>*mixed veggies</p>	<p>9 TACO TUESDAY</p> <p>Milk</p> <p>A. Street Tacos - (small flour tortilla with taco seasoned ground turkey. Cheese, lettuce, tomato all served on the side)</p> <p>B. GF with corn tortilla</p> <p>C. Cheese Quesadilla</p> <p>*melon</p> <p>*mixed veggies</p>	<p>10 PASTA DAY</p> <p>Milk</p> <p>A. Baked Spaghetti - V</p> <p>B. GF Spaghetti with Marinara - DF</p> <p>*Sumer berries (or age appropriate substitute)</p> <p>*steamed broccoli</p>	<p>11 COMFORT FOOD</p> <p>Milk</p> <p>A. ½ Grilled Cheese on whole wheat bread with a cup of homemade cream of tomato soup. Mmmm.....</p> <p>B. Caesar salad and a cup of homemade cream of tomato soup. Mmmm....</p> <p>*pear slices</p> <p>*steamed carrots</p>	<p>12 BREAKFAST FOR LUNCH</p> <p>Milk</p> <p>A. Pancakes with turkey saus</p> <p>B. (substitute sausage for yog</p> <p>C. GF Breakfast burrito on cc tortilla</p> <p>*fruit salad</p> <p>*cucumber coins</p>
<p>15 COMFORT FOOD</p> <p>Milk</p> <p>A. Fish n' Chips: all natural breaded and baked whitefish strips and roasted potatoes ("chips")</p> <p>B. GF chicken strips</p> <p>*grapes (or age appropriate substitute)</p> <p>*homemade baked "chips"</p>	<p>18 FROM THE GRILL</p> <p>Milk</p> <p>A. All Beef Hamburger - DF</p> <p>B. (available GF)</p> <p>C. Veggie Burger</p> <p>*pineapple</p> <p>*baked beans</p>	<p>19 PASTA DAY</p> <p>Milk</p> <p>A. Jack's Mac - homemade macaroni and cheese</p> <p>B. (available GF)</p> <p>C. Turkey Sammy (DF)</p> <p>*pear slices</p> <p>*steamed carrots</p>	<p>20 COMFORT FOOD</p> <p>Milk</p> <p>A. Sloppy Jack's (a Jack's take on the Sloppy Joe. *with turkey meat)</p> <p>B. GF Noodles Marinara</p> <p>C. Noodles Marinara</p> <p>*melon</p> <p>*sweet potato "fries"</p>	<p>21 PIZZA DAY</p> <p>Milk</p> <p>A. Homemade Cheese Pizza</p> <p>B. (available GF)</p> <p>C. Turkey Sammy - (DF)</p> <p>*fruit salad</p> <p>*steamed green beans</p>

<p>22 COMFORT FOOD</p> <p>Milk</p> <ul style="list-style-type: none"> A. BBQ Chicken Sliders B. No bun (GF) C. Sunflower Butter & Jelly - DF <p>*banana</p> <p>*steamed carrots</p>	<p>25 FROM THE GRILL</p> <p>Milk</p> <ul style="list-style-type: none"> A. Grilled Chicken & Potatoes - GF/DF B. Cheese Quesadilla <p>*apple slices</p> <p>*roasted potatoes</p>	<p>26 PASTA DAY</p> <p>Milk</p> <ul style="list-style-type: none"> A. Lasagna Roll-Ups B. GF Pasta Marinara <p>*clementine</p> <p>*Caesar Salad</p>	<p>27 COMFORT FOOD</p> <p>Milk</p> <ul style="list-style-type: none"> A. Turkey Meatloaf with gravy on the side - GF B. Beseo Sticks <p>*pear slices</p> <p>*mashed potatoes</p>	<p>28 BREAKFAST FOR LUNCH</p> <p>Milk</p> <ul style="list-style-type: none"> A. French Toast Sticks w/re: maple syrup and yogurt B. (**with turkey sausage inst: of yogurt) C. GF Breakfast burrito on cc tortilla <p>*fruit salad</p> <p>*cucumber</p>
<p>29 COMFORT FOOD</p> <p>Milk</p> <ul style="list-style-type: none"> C. ½ Grilled Cheese on whole wheat bread with a cup of homemade cream of tomato soup. Mmmm..... D. Caesar salad and a cup of homemade cream of tomato soup. Mmmm.... <p>*apple slices</p> <p>*garden salad with ranch</p>	<p>30 TACO TUESDAY</p> <p>Milk</p> <ul style="list-style-type: none"> A. Street Tacos - (small flour tortilla with taco seasoned ground turkey. Cheese, lettuce, tomato all served on the side) B. GF with corn tortilla C. Cheese Quesadilla <p>*pineapple</p> <p>*mixed veggies</p>	<p>31 PASTA DAY</p> <p>Milk</p> <ul style="list-style-type: none"> A. Pasta Alfredo w/chicken B. Pasta Alfredo C. GF Pasta Alfredo <p>*seasonal melon</p> <p>*steamed carrots</p>	<p>QUESTIONS:</p> <p>CONTACT US AT:</p> <p>jackscateringil@gmail.com</p>	