

# January BREAKFAST



This institute is an equal opportunity provider.  
Menu subject to change

**JSD High School  
January 2025**

Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
<i>In-Service No School</i>	<i>In-Service No School</i>	<b>Breakfast Pizza Day!</b> Breakfast Pizza or Bagel (WG) w/Cream Cheese Peaches or Craisins Apple Juice Choice of Milk	<b>Pancake Day!</b> Pancakes Sausage Patty or String Cheese w/Granola Bites Mixed Fruit or Applesauce Grape Juice Choice of Milk	<b>Oatmeal Friday!</b> Hot Oatmeal or Cereal Bowl (WG) w/Graham Crackers Oranges or Raisins Orange Juice Choice of Milk
13	14	15	16	17
<b>Bagel Day!</b> Bagel (WG) w/Cream Cheese Graham Crackers Apples or Raisins Apple Juice Choice of Milk	<b>Egg &amp; Cheese Omelet Day!</b> Egg & Cheese Omelet or Cereal Bowl (WG) w/Graham Crackers Mixed Fruit or Applesauce Grape Juice Choice of Milk	<b>Breakfast Pizza Day!</b> Breakfast Pizza or Bagel w/Cream Cheese Peaches or Craisins Apple Juice Choice of Milk	<b>French Toast Day!</b> French Toast Breakfast Sausage Hash Browns or String Cheese w/Granola Bites Pears or Applesauce Grape Juice Choice of Milk	<b>Oatmeal Friday!</b> Hot Oatmeal or Cereal Bowl (WG) w/Graham Crackers Oranges or Raisins Orange Juice Choice of Milk
20	21	22	23	24
<i>Holiday No School</i>	<b>Pancake Day!</b> Pancakes Sausage Patty or Cereal Bowl (WG) w/Graham Crackers Mixed Fruit or Applesauce Grape Juice Choice of Milk	<b>Breakfast Taco Day!</b> Breakfast Taco or Bagel (WG) w/Cream Cheese Peaches or Craisins Apple Juice Choice of Milk	<b>Biscuits &amp; Gravy!</b> Biscuits (WG) & Country Gravy or English Muffin (WG) w/Sugar Free Jam Pears or Applesauce Grape Juice Choice of Milk	<b>Oatmeal Friday!</b> Hot Oatmeal or Cereal Bowl (WG) w/Graham Crackers Oranges or Raisins Orange Juice Choice of Milk
27	28	29	30	31
<b>Bagel Day!</b> Bagel (WG) w/Cream Cheese Graham Crackers Apples or Raisins Apple Juice Choice of Milk	<b>Breakfast Burrito Day!</b> Breakfast Burrito or Cereal Bowl (WG) w/Graham Crackers Mixed Fruit or Applesauce Grape Juice Choice of Milk	<b>Breakfast Sandwich Day!</b> Breakfast Sandwich or Bagel (WG) Peaches or Craisins Apple Juice Choice of Milk	<b>Mini Waffle Day!</b> Mini Waffles (WG) Egg Patty or Granola Bites w/String Cheese Pears or Applesauce Cup Grape Juice Choice of Milk	<b>Oatmeal Friday!</b> Hot Oatmeal or Cereal Bowl (WG) w/Graham Crackers Oranges or Raisins Orange Juice Choice of Milk



**Pears**

- Promotes gut health
- Rich in fiber
- Anti-inflammatory
- Boost heart health

healthline.com

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Nutrition**



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# January

## LUNCH



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**January 2025**

Monday	Tuesday	Wednesday	Thursday	Friday
	7	8	9	10
<i>In-Service No School</i>	<i>In-Service No School</i>	<i>Cheeseburger Day!</i> Hamburger w/Cheese Bun (WG) Sweet Potato Fries Peaches Choice of Milk	<i>Chicken &amp; Waffles!</i> Chicken & Waffles (WG) Carrots Fresh Apples Choice of Milk	<i>Pizza Friday</i> Pepperoni, Specialty, or Cheese Pizza Balsamic-Garlic Broccoli Pineapple Choice of Milk
13	14	15	16	17
<i>Popcorn Chicken Bowl</i> Popcorn Chicken Mashed Potatoes w/Gravy Dinner Rolls (WG) Applesauce Choice of Milk	<i>Nachoragious!</i> Beef Nachos w/Cheese Sauce Refried Beans Fresh Oranges Choice of Milk	<i>Cheeseburger Day!</i> Hamburger w/Cheese Bun (WG) Sweet Potato Fries Peaches Choice of Milk	<i>Riblet Sandwich</i> Coleslaw Potato Wedges Applesauce Choice of Milk	<i>Pizza Friday</i> Pepperoni, Specialty, or Cheese Pizza Balsamic-Garlic Broccoli Pineapple Choice of Milk
20	21	22	23	24
<i>Holiday No School</i>	<i>Taco Tuesday!</i> Chicken Tacos (2) Refried or Baked Beans Fresh Oranges Choice of Milk	<i>Cheeseburger Day!</i> Hamburger w/Cheese Bun (WG) Sweet Potato Fries Peaches Choice of Milk	<i>Meatball Sub!</i> Meatball Marinara Sub Carrots Pears Choice of Milk	<i>Pizza Friday</i> Pepperoni, Specialty, or Cheese Pizza Balsamic-Garlic Broccoli Pineapple Choice of Milk
27	28	29	30	31
<i>General Tso's!</i> General Tso's Chicken Fried Rice Roasted Chickpeas Applesauce Choice of Milk	<i>Riblet Sandwich</i> Coleslaw Potato Wedges Applesauce Choice of Milk	<i>Cheeseburger Day!</i> Hamburger w/Cheese Bun (WG) Sweet Potato Fries Peaches Choice of Milk	<i>Popcorn Chicken!</i> Popcorn Chicken w/Orange Sauce Green Peas Fresh Apples Choice of Milk	<i>Pizza Friday</i> Pepperoni, Specialty, or Cheese Pizza Balsamic-Garlic Broccoli Pineapple Choice of Milk



### NUTRITION CORNER

**CARROTS**  
PACKED WITH VITAMIN A AND ALSO CONTAINS BETA CAROTENE, AN ANTIOXIDANT THAT PROVIDES THEIR ORANGE COLOR AND MAY HELP PREVENT CANCER



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