

January BREAKFAST



**JSD Pre K-8
January 2025**

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

**Juneau Schools
Nutrition**



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January

LUNCH



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

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Monday	Tuesday	Wednesday	Thursday	Friday
	7	8	9	10
<i>In-Service No School</i>	<i>In-Service No School</i>	<i>Chicken & Waffles!</i> Chicken & Waffles (WG) Green Beans Mixed Fruit Choice of Milk	<i>Cheeseburger Day!</i> Hamburger w/Cheese Bun (WG) Carrots Fresh Apples Choice of Milk	<i>Pizza Friday</i> Pepperoni, Specialty, or Cheese Pizza Broccoli Pineapple Choice of Milk
13	14	15	16	17
<i>Chicken Sandwich Day!</i> Chicken Patty (WG) Bun (WG) Corn Applesauce Choice of Milk	<i>Taco Tuesday!</i> Beef, Tortilla & Rice Refried Beans Fresh Oranges Choice of Milk	<i>Corn Dog Day!</i> Corn Dog Green Beans Fresh Orange Choice of Milk	<i>Cheeseburger Day!</i> Hamburger w/Cheese Bun (WG) Carrots Fresh Apples Choice of Milk	<i>Pizza Friday</i> Pepperoni, Specialty, or Cheese Pizza Broccoli Pineapple Choice of Milk
20	21	22	23	24
<i>Holiday No School</i>	<i>Hot Dog Day!</i> Hot Dog Bun (WG) Baked Beans Fresh Orange Choice of Milk	<i>Sloppy Joe Day!</i> Ground Beef Bun (WG) Seasoned Mixed Veggies Mixed Fruit Choice of Milk	<i>Cheeseburger Day!</i> Hamburger w/Cheese Bun (WG) Carrots Fresh Apples Choice of Milk	<i>Pizza Friday</i> Pepperoni, Specialty, or Cheese Pizza Broccoli Pineapple Choice of Milk
27	28	29	30	31
<i>Brunch for Lunch</i> French Toast (WG) Breakfast Sausage Hash Browns Applesauce Choice of Milk	<i>Pulled Pork Sandwich Day!</i> Pulled Pork Bun (WG) Baked Beans Fresh Oranges Choice of Milk	<i>Popcorn Chicken Day</i> Popcorn Chicken w/Orange Sauce Brown Rice Green Beans Peaches Choice of Milk	<i>Cheeseburger Day!</i> Hamburger w/Cheese Bun (WG) Carrots Fresh Apples Choice of Milk	<i>Pizza Friday</i> Pepperoni, Specialty, or Cheese Pizza 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



Juneau Schools Nutrition

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