



JSD High School November 2024

			Joseph School	
Monday	Tuesday	Wednesday	Thursday	Friday
Dairy		Juneau Schools Nutrition	SFRVFD	1
Choose My Plate gov This institute is an equal of Menu subject to change	oportunity provider.	Visit our website for menus, news healthy eating education & more	LOW FAT A & CHOCOLATE MILK FRESH & CANNED FRUIT	Oalmeal Friday! Hot Oatmeal Bar or Cereal Bowl (WG) w/Graham Crackers Oranges or Raisins Orange Juice Choice of Milk
4	5	6	7	8
Bagel Day! Bagel (WG) W/Cream Cheese or Muffin (WG) W/Graham Crackers Apples or Raisins Apple Juice Choice of Milk	French Toast Day! French Toast Breakfast Sausage Hash Browns or Cereal Bowl (WG) w/Graham Crackers Mixed Fruit or Applesauce Grape Juice Choice of Milk	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	Octmeal Friday! Hot Oatmeal Bar or Cereal Bowl (WG) w/Graham Crackers Oranges or Raisins Orange Juice Choice of Milk
11	12	13	14	15
Veteran's Day No School	Inservice No School	Inservice No School	French Toast Day! French Toast French Toast Breakfast Sausage Hash Browns or String Cheese w/Granola Bites Pears or Applesauce Grape Juice Choice of Milk	Odmeal Friday! Hot Oatmeal Bar or Cereal Bowl (WG) w/Graham Crackers Oranges or Raisins Orange Juice Choice of Milk
18	19	20	21	22
Bagel Day! Bagel (WG) w/Cream Cheese or Muffin (WG) w/Graham Crackers Apples or Raisins Apple Juice Choice of Milk	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 Craisin Apple Juice Choice of Milk	Biscuits & Gravy Day! Biscuits (WG) & Country Gravy or English Muffin (WG) w/Sugar Free Jam Pears or Applesauce Grape Juice Choice of Milk	Odmeal Friday! Hot Oatmeal Bar or Cereal Bowl (WG) w/Graham Crackers Oranges or Raisins Orange Juice Choice of Milk
25	26	27	28	29
Bagel Day! Bagel (WG) w/Cream Cheese or Muffin (WG) w/Graham Crackers Apples or Raisins Apple Juice	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	Happy Thanksgiving! No School	Happy Thanksgiving! No School

Choice of Milk



Happy
Manksgiving

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Monday	Tuesday	Wednesday	Thursday	Friday
Juneau Schools Nutrition I MAN IN	SERVED LOW FAT A & CHOCOLATE MILK FRESH A CANNED FRUIT	A FRIO		1 Pizza Friday Pepperoni, Specialty, or Cheese Pizza Lemon-Pepper Broccoli Pineapple Choice of Milk
4	5	6	7	8
Asian Meatball Rice Bowl Asian Meatball Rice Bowl Corn Applesauce Choice of Milk	Taco Tuesday! Beef Tacos (2) Tortilla (WG) Refried Beans Fresh Oranges Choice of Milk	Cheeseburger Day! Hamburger w/Cheese Bun (WG) Green Beans Mixed Fruit Choice of Milk	Chicken & Walfles! Chicken & Waffles (WG) Carrots Fresh Apples Choice of Milk	Pizza Friday Pepperoni, Specialty, or Cheese Pizza Cheesy Broccoli Florets Pineapple Choice of Milk
11	12	13	14	15
Veleran's Day No School	Inservice No School	Inservice No School	Lasagna Day! Meat Lasagna Dinner Rolls (WG) Green Beans Fresh Apples Choice of Milk	Pizza Friday Pepperoni, Specialty, or Cheese Pizza Balsamic-Garlic Broccoli Pineapple Choice of Milk
18	19	20	21	22
BBQ Riblet Sandwich Coleslaw Potato Wedges Applesauce Choice of Milk	Taco Tuesday! Chicken Tacos (2) Refried or Baked Beans Fresh Oranges Choice of Milk	Cheeseburger Day! Hamburger with Cheese Bun (WG) Seasoned Mixed Vegetables Fruit Cocktail Choice of Milk	Mealball Marinara Sub Meatball Marinara Sub Carrots Pears Choice of Milk	Pizza Friday Pepperoni, Specialty, or Cheese Pizza Raisin-Broccoli Salad Pineapple Choice of Milk
25	26	27	28	29
Global Flavors General Tso's Chicken Fried Rice Roasted Chickpeas Applesauce Choice of Milk	Meatball Marinara Sub Meatball Marinara Sub Roasted Sweet Potatoes Fresh Oranges Choice of Milk	Cheeseburger Day! Cheeseburger (WG) Seasoned Mixed Veggies Peaches Choice of Milk	Happy Thanksgiving! No School	Happy Thanksgiving! No School

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