

September

BREAKFAST

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

Elementary School

	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
MAIN		Option 1: Breakfast Bar	Option 1: Warm Cinnamon Apples Funnel Cake	Option 1: Scrambled Eggs Toast	Option 1: French Toast Sticks
MAIN		Option 2: Muffin Graham Cracker	Option 2: Muffin	Option 2: Muffin	Option 2: Muffin
MAIN		Option 3: Cereal Graham Cracker	Option 3: Cereal	Option 3: Cereal	Option 3: Cereal
Served With				Sausage Link	
	8	9	10	11	12
MAIN	Option 1: Frudel Option 2: Yogurt	Option 1: Egg and Cheese Breakfast Sandwich	Option 1: Strawberries and Whip with Waffles	Option 1: Griddle Pop	Option 1: French Toast Sticks
MAIN	Option 3: Muffin	Option 2: Muffin Graham Cracker	Option 2: Muffin	Option 2: Muffin	Option 2: Muffin
MAIN	Option 4: Cereal	Option 3: Cereal Graham Cracker	Option 3: Cereal	Option 3: Cereal	Option 3: Cereal
Served with	Scrambled Eggs		Scrambled Eggs		
	15	16	17	18	19
MAIN	Option 1: Mini Cinni Option 2: Yogurt	Option 1: Ham, Egg and Cheese Combo Bar	Option 1: Warm Cinnamon Apples Funnel Cake	Option 1: Scrambled Eggs Toast	Option 1: French Toast Sticks
MAIN	Option 2: Muffin	Option 2: Muffin Graham Cracker	Option 2: Muffin	Option 2: Muffin	Option 2: Muffin
MAIN	Option 4: Cereal	Option 3: Cereal Graham Cracker	Option 3: Cereal	Option 3: Cereal	Option 3: Cereal
Served With	Scrambled Eggs			Sausage	
	22	23	24	25	26
MAIN	Option 1: Frudel Option 2: Yogurt	Option 1: Egg and Cheese Breakfast Sandwich	Option 1: Strawberries and Whip with Waffles	Option 1: Griddle Pop	Option 1: French Toast Sticks
MAIN	Option 3: Muffin	Option 2: Muffin Graham Cracker	Option 2: Muffin	Option 2: Muffin	Option 2: Muffin
MAIN	Option 4: Cereal	Option 3: Cereal Graham Cracker	Option 3: Cereal	Option 3: Cereal	Option 3: Cereal
Served with	Scrambled Eggs		Scrambled Eggs		

Fresh Fruit and Choice of Milk Served Daily

juneauschoolsnutrition.com

For menus, allergens and dietary preferences.
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Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
 <p>Labor Day No School</p>	<p><i>Taco Tuesday</i> Beef Tacos Refried Beans Fresh Fruit Choice of Milk</p>	<p><i>Alfredo</i> Chicken Alfredo with Pasta (WG) Breadsticks Broccoli Florets Fresh Fruit Choice of Milk</p>	<p><i>Corn Dogs</i> Corn Dog (WG) Lattice Cut Fries Fresh Fruit Choice of Milk</p>	<p><i>Pizza Friday</i> Choice of Pizza (WG) Pepperoni, Hawaiian or Cheese Carrots Fresh Fruit Choice of Milk</p>
	9	10	11	12
<p><i>Potstickers</i> Potstickers Brown Rice Green Beans Fresh Fruit Choice of Milk</p>	<p><i>Loaded Chicken and Queso Waffle Fries</i> Spanish Brown Rice Oranges Choice of Milk</p>	<p><i>Breadstick Dippers</i> Mozzarella Stuffed Breadsticks Marinara Sauce Parmesan Broccoli Choice of Milk</p>	<p><i>Chicken & Waffle</i> Chicken Tenders Waffle (WG) & Syrup (SF) Ranch Beans Fresh Fruit Choice of Milk</p>	<p><i>Pizza Friday</i> Choice of Pizza (WG) Pepperoni or Hawaiian Carrots Fresh Fruit Choice of Milk</p>
15	16	17	18	19
<p><i>Asian Chicken</i> Chicken Drumstick Fried Rice (WG) Green Beans Fruit Choice of Milk</p>	<p><i>Taco Tuesday</i> Beef Tacos Refried Beans Fresh Fruit Choice of Milk</p>	<p><i>Spaghetti</i> Spaghetti (WG) with Meat Sauce Breadstick Broccoli Fresh Fruit Choice of Milk</p>	<p><i>Burger Day!</i> Cheeseburger Lattice Cut Fries Fresh Fruit Choice of Milk</p>	<p><i>Pizza Friday</i> Choice of Pizza (WG) Pepperoni, Hawaiian or Cheese Carrots Fresh Fruit Choice of Milk</p>
22	23	24	25	26
<p><i>Orange Chicken</i> Orange Chicken Brown Rice Green Beans Fresh Fruit Choice of Milk</p>	<p><i>Loaded Chicken and Queso Waffle Fries</i> Spanish Brown Rice Oranges Choice of Milk</p>	<p><i>Alfredo</i> Chicken Alfredo with Pasta (WG) Breadsticks Broccoli Florets Fresh Fruit Choice of Milk</p>	<p><i>Corn Dogs</i> Corn Dog (WG) Ranch Beans Fresh Fruit Choice of Milk</p>	<p><i>Pizza Friday</i> Choice of Pizza (WG) Pepperoni, Hawaiian or Cheese Carrots Fresh Fruit Choice of Milk</p>
29	30	<p>For menus, allergens and dietary preferences. Click here or Scan</p> 		
<p><i>Chicken & Waffle</i> Chicken Tenders Waffle (WG) & Syrup (SF) Green Beans Fresh Fruit Choice of Milk</p>	<p><i>Taco Tuesday</i> Beef Refried Beans Fresh Fruit Choice of Milk</p>			

September

BREAKFAST

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

Thunder Mountain Middle School

	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
MAIN		Option 1: Breakfast Bar	Option 1: Warm Cinnamon Apples Funnel Cake	Option 1: Scrambled Eggs Toast	Option 1: French Toast Sticks
MAIN		Option 2: Muffin Graham Cracker	Option 2: Muffin	Option 2: Muffin	Option 2: Muffin
MAIN		Option 3: Cereal Graham Cracker	Option 3: Cereal	Option 3: Cereal	Option 3: Cereal
Served With				Sausage Link	
	8	9	10	11	12
MAIN	Option 1: Frudel Option 2: Yogurt	Option 1: Egg and Cheese Breakfast Sandwich	Option 1: Strawberries and Whip with Waffles	Option 1: Griddle Pop	Option 1: French Toast Sticks
MAIN	Option 3: Muffin	Option 2: Muffin Graham Cracker	Option 2: Muffin	Option 2: Muffin	Option 2: Muffin
MAIN	Option 4: Cereal	Option 3: Cereal Graham Cracker	Option 3: Cereal	Option 3: Cereal	Option 3: Cereal
Served with	Scrambled Eggs		Scrambled Eggs		
	15	16	17	18	19
MAIN	Option 1: Mini Cinni Option 2: Yogurt	Option 1: Ham, Egg and Cheese Combo Bar	Option 1: Warm Cinnamon Apples Funnel Cake	Option 1: Scrambled Eggs Toast	Option 1: French Toast Sticks
MAIN	Option 2: Muffin	Option 2: Muffin Graham Cracker	Option 2: Muffin	Option 2: Muffin	Option 2: Muffin
MAIN	Option 4: Cereal	Option 3: Cereal Graham Cracker	Option 3: Cereal	Option 3: Cereal	Option 3: Cereal
Served With	Scrambled Eggs			Sausage	
	22	23	24	25	26
MAIN	Option 1: Frudel Option 2: Yogurt	Option 1: Egg and Cheese Breakfast Sandwich	Option 1: Strawberries and Whip with Waffles	Option 1: Griddle Pop	Option 1: French Toast Sticks
MAIN	Option 3: Muffin	Option 2: Muffin Graham Cracker	Option 2: Muffin	Option 2: Muffin	Option 2: Muffin
MAIN	Option 4: Cereal	Option 3: Cereal Graham Cracker	Option 3: Cereal	Option 3: Cereal	Option 3: Cereal
Served with	Scrambled Eggs		Scrambled Eggs		

Fresh Fruit and Choice of Milk Served Daily

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Thunder Mountain Middle School

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
 <p>Labor Day No School</p>	<p><i>Taco Tuesday</i> Beef Tacos Refried Beans Fresh Fruit Choice of Milk</p>	<p><i>Alfredo</i> Chicken Alfredo with Pasta (WG) Broccoli Florets Breadsticks Fresh Fruit Choice of Milk</p>	<p><i>Corn Dogs</i> Corn Dog (WG) Lattice Cut Fries Orange Choice of Milk</p>	<p><i>Pizza Friday</i> Choice of Pizza (WG) Pepperoni, Hawaiian or Cheese Carrots Fresh Fruit Choice of Milk</p>
8	9	10	11	12
<p><i>Potstickers</i> Chicken & Veggie Potstickers Green Beans Fresh Fruit Choice of Milk</p>	<p><i>Loaded Chicken and Queso Waffle Fries</i> Spanish Brown Rice Oranges Choice of Milk</p>	<p><i>Breadstick Dippers</i> Mozzarella Stuffed Breadsticks Marinara Sauce Parmesan Broccoli Choice of Milk</p>	<p><i>Chicken & Waffle</i> Chicken Tenders Waffle (WG) & Syrup (SF) Ranch Beans Fresh Fruit Choice of Milk</p>	<p><i>Pizza Friday</i> Choice of Pizza (WG) Pepperoni or Hawaiian Carrots Fresh Fruit Choice of Milk</p>
15	16	17	18	19
<p><i>Asian Chicken</i> Chicken Drumstick Fried Rice (WG) Green Beans Fruit Choice of Milk</p>	<p><i>Taco Tuesday</i> Beef Tacos Refried Beans Fresh Fruit Choice of Milk</p>	<p><i>Spaghetti</i> Spaghetti (WG) with Meat Sauce Breadstick Broccoli Florets Fresh Fruit Choice of Milk</p>	<p><i>Burger Day!</i> Cheeseburger Lattice Cut Fries Fresh Fruit Choice of Milk</p>	<p><i>Pizza Friday</i> Choice of Pizza (WG) Pepperoni, Hawaiian or Cheese Carrots Fresh Fruit Choice of Milk</p>
22	23	24	25	26
<p><i>Sushi or Orange Chicken</i> Sushi with Hard-Boiled Egg or Orange Chicken Brown Rice Green Beans Fresh Fruit Choice of Milk</p>	<p><i>Loaded Chicken and Queso Waffle Fries</i> Spanish Brown Rice Oranges Choice of Milk</p>	<p><i>Alfredo</i> Chicken Alfredo with Pasta (WG) Broccoli Florets Fresh Fruit Choice of Milk</p>	<p><i>Corn Dogs</i> Corn Dog (WG) Ranch Beans Fresh Fruit Choice of Milk</p>	<p><i>Pizza Friday</i> Choice of Pizza (WG) Pepperoni, Hawaiian or Cheese Carrots Fresh Fruit Choice of Milk</p>
29	30	<p>Chef's Choice Alternative Entree Offered Daily: Pizza Cheeseburger Chicken Sandwich</p> <p>Garden Bar Offered Daily</p>		
<p><i>Chicken & Waffle</i> Chicken Tenders Waffle (WG) & Syrup (SF) Green Beans Fresh Fruit Choice of Milk</p>	<p><i>Taco Tuesday</i> Beef Tacos Refried Beans Fresh Fruit Choice of Milk</p>			



September

BREAKFAST

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Juneau Douglas High School

	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
MAIN		Option 1: Breakfast Bar	Option 1: Warm Cinnamon Apples Funnel Cake	Option 1: Scrambled Eggs Toast	Option 1: French Toast Sticks
MAIN		Option 2: Muffin Graham Cracker	Option 2: Muffin	Option 2: Muffin	Option 2: Muffin
MAIN		Option 3: Cereal Graham Cracker	Option 3: Cereal	Option 3: Cereal	Option 3: Cereal
Served With				Sausage Link	
	8	9	10	11	12
MAIN	Option 1: Frudel Option 2: Yogurt	Option 1: Egg and Cheese Breakfast Sandwich	Option 1: Strawberries and Whip with Waffles	Option 1: Griddle Pop	Option 1: French Toast Sticks
MAIN	Option 3: Muffin	Option 2: Muffin Graham Cracker	Option 2: Muffin	Option 2: Muffin	Option 2: Muffin
MAIN	Option 4: Cereal	Option 3: Cereal Graham Cracker	Option 3: Cereal	Option 3: Cereal	Option 3: Cereal
Served with	Scrambled Eggs		Scrambled Eggs		
	15	16	17	18	19
MAIN	Option 1: Mini Cinni Option 2: Yogurt	Option 1: Ham, Egg and Cheese Combo Bar	Option 1: Warm Cinnamon Apples Funnel Cake	Option 1: Scrambled Eggs Toast	Option 1: French Toast Sticks
MAIN	Option 2: Muffin	Option 2: Muffin Graham Cracker	Option 2: Muffin	Option 2: Muffin	Option 2: Muffin
MAIN	Option 4: Cereal	Option 3: Cereal Graham Cracker	Option 3: Cereal	Option 3: Cereal	Option 3: Cereal
Served With	Scrambled Eggs			Sausage	
	22	23	24	25	26
MAIN	Option 1: Frudel Option 2: Yogurt	Option 1: Egg and Cheese Breakfast Sandwich	Option 1: Strawberries and Whip with Waffles	Option 1: Griddle Pop	Option 1: French Toast Sticks
MAIN	Option 3: Muffin	Option 2: Muffin Graham Cracker	Option 2: Muffin	Option 2: Muffin	Option 2: Muffin
MAIN	Option 4: Cereal	Option 3: Cereal Graham Cracker	Option 3: Cereal	Option 3: Cereal	Option 3: Cereal
Served with	Scrambled Eggs		Scrambled Eggs		

Fresh Fruit and Choice of Milk Served Daily

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September LUNCH

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Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
 <p>Labor Day No School</p>	<p><i>Taco Tuesday</i> Beef Tacos Refried Beans Fresh Fruit Choice of Milk</p>	<p><i>Alfredo</i> Chicken Alfredo with Pasta (WG) Breadsticks Broccoli Florets Fresh Fruit Choice of Milk</p>	<p><i>Corn Dogs</i> Corn Dog (WG) Lattice Cut Fries Fresh Fruit Choice of Milk</p>	<p><i>Pizza Friday</i> Choice of Pizza (WG) Pepperoni, Hawaiian or Cheese Carrots Fresh Fruit Choice of Milk</p>
8	9	10	11	12
<p><i>Potstickers</i> Potstickers Green Beans Fresh Fruit Choice of Milk</p>	<p><i>Loaded Chicken and Queso Waffle Fries</i> Spanish Brown Rice Fresh Fruit Choice of Milk</p>	<p><i>Breadstick Dippers</i> Mozzarella Stuffed Breadsticks Marinara Sauce Broccoli Florets Fresh Fruit Choice of Milk</p>	<p><i>Chicken & Waffle</i> Chicken Tenders Waffle & Syrup (SF) Baked Beans Fresh Fruit Choice of Milk</p>	<p><i>Pizza Friday</i> Choice of Pizza (WG) Pepperoni or Hawaiian Carrots Fresh Fruit Choice of Milk</p>
15	16	17	18	19
<p><i>Asian Chicken</i> Chicken Drumstick Fried Rice (WG) Green Beans Fruit Choice of Milk</p>	<p><i>Taco Tuesday</i> Beef Tacos Refried Beans Fresh Fruit Choice of Milk</p>	<p><i>Spaghetti</i> Spaghetti (WG) with Meat Sauce Breadstick Broccoli Florets Fresh Fruit Choice of Milk</p>	<p><i>Burger Day!</i> Cheeseburger Lattice Cut Fries Fresh Fruit Choice of Milk</p>	<p><i>Pizza Friday</i> Choice of Pizza (WG) Pepperoni, Hawaiian or Cheese Carrots Fresh Fruit Choice of Milk</p>
22	23	24	25	26
<p><i>Sushi or Orange Chicken</i> Sushi with Hard-Boiled Egg or Orange Chicken Brown Rice Green Beans Fresh Fruit Choice of Milk</p>	<p><i>Loaded Chicken and Queso Waffle Fries</i> Brown Rice Fresh Fruit Choice of Milk</p>	<p><i>Alfredo</i> Chicken Alfredo with Pasta (WG) Breadsticks Broccoli Florets Fresh Fruit Choice of Milk</p>	<p><i>Corn Dogs</i> Corn Dog (WG) Ranch Beans Fresh Fruit Choice of Milk</p>	<p><i>Pizza Friday</i> Choice of Pizza (WG) Pepperoni, Hawaiian or Cheese Carrots Fresh Fruit Choice of Milk</p>
29	30	<p>Chef's Choice Alternative Entree Offered Daily: Pizza Cheeseburger Chicken Sandwich</p> <p>Garden Bar Offered Daily</p>		
<p><i>Chicken & Waffle</i> Chicken Tenders Waffle & Syrup (SF) Green Beans Fresh Fruit Choice of Milk</p>	<p><i>Taco Tuesday</i> Beef Tacos Refried Beans Fresh Fruit Choice of Milk</p>			

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