

BE  
MINE

# February Breakfast

BE  
MINE

**JSD Pre K-8  
February 2025**

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<i>Bagel Day!</i> Bagel (WG) w/Cream Cheese Graham Crackers Apples or Raisins Apple Juice Choice of Milk	<i>French Toast Day!</i> French Toast Breakfast Sausage Hash Browns or Cereal Bowl (WG) w/Graham Crackers Mixed Fruit or Applesauce Grape Juice Choice of Milk	<i>Breakfast Pizza Day!</i> Breakfast Pizza or Bagel (WG) w/Cream Cheese Peaches or Craisins Apple Juice Choice of Milk	<i>Pancake Day!</i> Pancakes Sausage Patty or String Cheese w/Granola Bites Mixed Fruit or Applesauce Grape Juice Choice of Milk	<i>Oatmeal Friday!</i> Hot Oatmeal or Cereal Bowl (WG) w/Graham Crackers Oranges or Raisins Orange Juice Choice of Milk
10	11	12	13	14
<i>Bagel Day!</i> Bagel (WG) w/Cream Cheese Graham Crackers Apples or Raisins Apple Juice Choice of Milk	<i>Egg &amp; Cheese Omelet Day!</i> Egg & Cheese Omelet or Cereal Bowl (WG) w/Graham Crackers Mixed Fruit or Applesauce Grape Juice Choice of Milk	<i>Breakfast Pizza Day!</i> Breakfast Pizza or Bagel w/Cream Cheese Peaches or Craisins Apple Juice Choice of Milk	<i>French Toast Day!</i> French Toast Breakfast Sausage Hash Browns or String Cheese w/Granola Bites Pears or Applesauce Grape Juice Choice of Milk	<i>Oatmeal Friday!</i> Hot Oatmeal or Cereal Bowl (WG) w/Graham Crackers Oranges or Raisins Orange Juice Choice of Milk
17	18	19	20	21
<i>Holiday No School</i>	<i>Holiday No School</i>	<i>Breakfast Taco Day!</i> Breakfast Taco or Bagel (WG) w/Cream Cheese Peaches or Craisins Apple Juice Choice of Milk	<i>Biscuits &amp; Gravy!</i> Biscuits (WG) & Country Gravy or English Muffin (WG) w/Sugar Free Jam Pears or Applesauce Grape Juice Choice of Milk	<i>Oatmeal Friday!</i> Hot Oatmeal or Cereal Bowl (WG) w/Graham Crackers Oranges or Raisins Orange Juice Choice of Milk
24	25	26	27	28
<i>Bagel Day!</i> Bagel (WG) w/Cream Cheese Graham Crackers Apples or Raisins Apple Juice Choice of Milk	<i>Breakfast Burrito Day!</i> Breakfast Burrito or Cereal Bowl (WG) w/Graham Crackers Mixed Fruit or Applesauce Grape Juice Choice of Milk	<i>Breakfast Sandwich Day!</i> Breakfast Sandwich or Bagel (WG) Peaches or Craisins Apple Juice Choice of Milk	<i>Mini Waffle Day!</i> Mini Waffles (WG) Egg Patty or Granola Bites w/String Cheese Pears or Applesauce Cup Grape Juice Choice of Milk	<i>Oatmeal Friday!</i> Hot Oatmeal or Cereal Bowl (WG) w/Graham Crackers Oranges or Raisins Orange Juice Choice of Milk

## nutrition corner

Pears



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

healthline.com

Juneau Schools  
Nutrition



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# FEBRUARY

## Lunch

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

**JSD Pre K-8**  
**February 2025**

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<i>Sloppy Joe Day!</i> Sloppy Joe Bun (WG) Mashed Potatoes Applesauce Choice of Milk	<i>Taco Tuesday!</i> Beef, Tortilla & Rice Refried Beans Fresh Oranges Choice of Milk	<i>Chicken &amp; 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
10	11	12	13	14
<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
17	18	19	20	21
<i>Holiday</i> <i>No School</i>	<i>Holiday</i> <i>No School</i>	<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
24	25	26	27	28
<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



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