Juneau-Douglas High School
January Breakfast Menu

5 *Snow Day*	**6** *Snow Day*	**7** Apple Frudel Cherry Frudel Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Eggs	**8** Canadian Bacon, Egg, Cheese and Whole Wheat English Muffin Breakfast Sandwich Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	**9** French Toast Sticks Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs
12 Cocoa Puffs Cereal Cinnamon Mini Cinnis Blueberry Muffin Cinnamon Giant Goldfish Grahams Scrambled Eggs Fresh Fruit Craisins Skim Milk 1% Milk	**13** Pancakes Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	**14** Waffle with Blueberries and Whip Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	**15** Pancake & Sausage Breakfast Stick Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk Eggs	**16** French Toast Sticks Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs
19 *MLK JR Day/Inservice*	**20** *MLK JR Day/Inservice*	**21** Waffle with Blueberries and Whip Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Eggs	**22** Canadian Bacon, Egg, Cheese and Whole Wheat English Muffin Breakfast Sandwich Cocoa Puffs Cereal Blueberry Muffin Fresh Fruit Craisins Skim Milk 1% Milk	**23** French Toast Sticks Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Skim Milk 1% Milk Eggs
26 Cinnamon Mini Cinnis Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	**27** Pancakes Cocoa Puffs Cereal Blueberry Muffin Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams 1% Milk Skim Milk Scrambled Eggs	**28** Waffle with Blueberries and Whip Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	**29** Pancake & Sausage Breakfast Stick Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Eggs	**30** French Toast Sticks Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs

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

Juneau-Douglas High School
January Lunch Menu

5 *Snow Day*	**6** *Snow Day*	**7** Chicken and Waffle Pepperoni Pizza Cheese Pizza Cheeseburger Hot Dog Sliced Carrots Fresh Fruit Craisins Fat Free Chocolate Milk 1% Milk Ranch Dressing Ketchup	**8** Chicken Corn Dog Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Hot Dog Lattice Cut Fries Ranch Style Pinto Beans Fresh Fruit Craisins Skim Milk 1% Milk Ranch Dressing Ketchup	**9** Pepperoni Pizza Hawaiian Pizza Cheese Pizza Cheeseburger on Bun Hot Dog Green Beans Fresh Fruit Craisins Fat Free Chocolate Milk 1% Milk Marinara Sauce Ranch Dressing Ketchup
12 Orange Popcorn Chicken Moji Sushi and Hard-Boiled Egg Moji Spicy Crab & Hard Boiled Egg Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Hot Dog Green Beans and Carrots Fresh Fruit Craisins Fortune Cookie Brown Rice Fat Free Chocolate Milk 1% Milk	**13** Soft Beef Tacos Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Hot Dog Corn Fresh Fruit Craisins Brown Rice Skim Milk 1% Milk Sour Cream Packet Ranch Dressing Ketchup	**14** Sloppy Joe Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Hot Dog Broccoli Florets Fresh Fruit Craisins Cheesy Garlic Breadstick Skim Milk 1% Milk Ranch Dressing Ketchup	**15** Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Hot Dog Lattice Cut Fries Ranch Style Pinto Beans Fresh Fruit Craisins Skim Milk 1% Milk Ranch Dressing Ketchup	**16** Pepperoni Pizza Hawaiian Pizza Cheese Pizza Cheeseburger on Bun Hot Dog Green Beans Fresh Fruit Craisins Fat Free Chocolate Milk 1% Milk Marinara Sauce Ranch Dressing Ketchup
19 *MLK JR Day / Teacher Inservice*	**20** *MLK JR Day / Teacher Inservice*	**21** Chicken Alfredo with Whole Grain Pasta Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Hot Dog Broccoli Florets Fresh Fruit Craisins Breadstick Skim Milk 1% Milk Ranch Dressing Ketchup	**22** Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Hot Dog Lattice Cut Fries Ranch Style Pinto Beans Fresh Fruit Craisins Skim Milk 1% Milk Ranch Dressing Ketchup	**23** Pepperoni Pizza Hawaiian Pizza Cheese Pizza Cheeseburger on Bun Hot Dog Sliced Carrots Green Beans Fresh Fruit Craisins Fat Free Chocolate Milk 1% Milk Marinara Sauce Ranch Dressing Ketchup
26 Chicken and Vegetable Dumplings Pepperoni Pizza Cheese Pizza Cheeseburger Hot Dog Sliced Carrots Fresh Fruit Craisins Fortune Cookie Fried Rice Skim Milk 1% Milk Ranch Dressing Ketchup	**27** Soft Beef Tacos Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Hot Dog Corn Fresh Fruit Craisins Brown Rice Skim Milk 1% Milk Sour Cream Packet Ranch Dressing Ketchup	**28** Cheesy Mozzarella Breadstick and Marinara Sauce Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Hot Dog Broccoli Florets Fresh Fruit Craisins Fat Free Chocolate Milk 1% Milk Ketchup Ranch Dressing	**29** Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Hot Dog Fish Sticks Tacos Lattice Cut Fries Ranch Style Pinto Beans Fresh Fruit Craisins Skim Milk 1% Milk Ranch Dressing Ketchup	**30** Pepperoni Pizza Hawaiian Pizza Cheese Pizza Cheeseburger on Bun Hot Dog Green Beans Fresh Fruit Craisins Fat Free Chocolate Milk 1% Milk Marinara Sauce Ranch Dressing Ketchup

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Elementary School Breakfast

January

5 *Snow Day*	**6** *Snow Day*	**7** Apple Frudel Cherry Frudel Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	**8** Canadian Bacon, Egg, Cheese and Whole Wheat English Muffin Breakfast Sandwich Cocoa Puffs Cereal Blueberry Muffin Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	**9** French Toast Sticks and Whip Topping Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Skim Milk 1% Milk
12 Cinnamon Mini Cinnis Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	**13** Pancake Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	**14** Waffle with Blueberries and Whip Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Skim Milk 1% Milk Scrambled Eggs	**15** Canadian Bacon, Egg, Cheese and Whole Wheat English Muffin Breakfast Sandwich Cocoa Puffs Cereal Blueberry Muffin Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	**16** French Toast Sticks and Whip Topping Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs
19 *MLK JR Day/Teacher Inservice*	**20** *MLK JR Day/Teacher Inservice*	**21** Waffle with Blueberries and Whip Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	**22** Canadian Bacon, Egg, Cheese and Whole Wheat English Muffin Breakfast Sandwich Cocoa Puffs Cereal Blueberry Muffin Fresh Fruit Craisins Skim Milk 1% Milk	**23** French Toast Sticks and Whip Topping Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs
26 Cinnamon Mini Cinnis Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	**27** Pancake Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	**28** Waffle with Blueberries and Whip Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Skim Milk 1% Milk Scrambled Eggs	**29** Canadian Bacon, Egg, Cheese and Whole Wheat English Muffin Breakfast Sandwich Cocoa Puffs Cereal Blueberry Muffin Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	**30** French Toast Sticks and Whip Topping Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs

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Elementary School Lunch

January

5 *Snow Day*	**6** *Snow Day*	**7** Golden Crispy Chicken Tenders Sliced Carrots Fresh Fruit Skim Milk 1% Milk Ranch Dressing Ketchup	**8** Chicken Corn Dog Ranch Style Pinto Beans Fresh Fruit Skim Milk 1% Milk Ranch Dressing Ketchup	**9** Pepperoni Pizza Hawaiian Pizza Cheese Pizza Green Beans Fresh Fruit Fat Free Chocolate Milk 1% Milk Ranch Dressing Ketchup
12 Orange Popcorn Chicken Sliced Carrots Fresh Fruit Craisins Fortune Cookie Brown Rice Skim Milk 1% Milk	**13** Beef Tacos Corn Fresh Fruit Skim Milk 1% Milk Sour Cream Packet Ranch Dressing Ketchup	**14** Cheesy Mozzarella Breadstick and Marinara Sauce Broccoli Florets Fresh Fruit Skim Milk 1% Milk	**15** Cheeseburger Baked Beans Fresh Fruit Skim Milk 1% Milk Ranch Dressing Ketchup	**16** Pepperoni Pizza Hawaiian Pizza Cheese Pizza Green Beans Fresh Fruit Fat Free Chocolate Milk 1% Milk Ranch Dressing Ketchup
19 *MLK JR Day / Teacher Inservice*	**20** *MLK JR Day / Teacher Inservice*	**21** Chicken Alfredo with Whole Grain Pasta Broccoli Florets Sliced Carrots Fresh Fruit Skim Milk 1% Milk Ranch Dressing Ketchup	**22** Chicken Nuggets Ranch Style Pinto Beans Lattice Cut Fries Fresh Fruit Skim Milk 1% Milk Ranch Dressing Ketchup	**23** Pepperoni Pizza Hawaiian Pizza Cheese Pizza Green Beans Fresh Fruit Fat Free Chocolate Milk 1% Milk Ranch Dressing Ketchup
26 Chicken and Vegetable Dumplings Sliced Carrots Fresh Fruit Fortune Cookie Skim Milk 1% Milk	**27** Beef Tacos Corn Fresh Fruit Skim Milk 1% Milk Sour Cream Packet Ranch Dressing Ketchup	**28** Sloppy Joe Broccoli Florets Fresh Fruit Skim Milk 1% Milk Ranch Dressing Ketchup	**29** Fish Sticks Tacos Ranch Style Pinto Beans Cole Slaw Mix Lattice Cut Fries Fresh Fruit Skim Milk 1% Milk Tartar Sauce Cup	**30** Pepperoni Pizza Hawaiian Pizza Cheese Pizza Green Beans Fresh Fruit Fat Free Chocolate Milk 1% Milk Ranch Dressing Ketchup

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Thunder Mountain Middle School Breakfast

January

5 *Snow Day*	6 *Snow Day*	7 Apple Frudel Cherry Frudel Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	8 Canadian Bacon, Egg, Cheese and Whole Wheat English Muffin Breakfast Sandwich Cocoa Puffs Cereal Blueberry Muffin Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	9 French Toast Sticks and Whip Topping Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Skim Milk 1% Milk
12 Cinnamon Mini Cinnis Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	13 Pancake Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	14 Waffle with Blueberries and Whip Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Skim Milk 1% Milk Scrambled Eggs	15 Canadian Bacon, Egg, Cheese and Whole Wheat English Muffin Breakfast Sandwich Cocoa Puffs Cereal Blueberry Muffin Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	16 French Toast Sticks and Whip Topping Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs
19 *MLK JR Day/Teacher Inservice*	20 *MLK JR Day/Teacher Inservice*	21 Waffle with Blueberries and Whip Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	22 Canadian Bacon, Egg, Cheese and Whole Wheat English Muffin Breakfast Sandwich Cocoa Puffs Cereal Blueberry Muffin Fresh Fruit Craisins Skim Milk 1% Milk	23 French Toast Sticks and Whip Topping Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs
26 Cinnamon Mini Cinnis Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	27 Pancake Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	28 Waffle with Blueberries and Whip Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Skim Milk 1% Milk Scrambled Eggs	29 Canadian Bacon, Egg, Cheese and Whole Wheat English Muffin Breakfast Sandwich Cocoa Puffs Cereal Blueberry Muffin Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk	30 French Toast Sticks and Whip Topping Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs

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

Thunder Mountain Middle School Lunch

January

			Winter Break 1	Winter Break 2
5 Chicken and Waffle Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Sliced Carrots Craisins Fresh Fruit Skim Milk 1% Milk	6 Soft Beef Tacos Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Corn Fresh Fruit Craisins Brown Rice Skim Milk 1% Milk	7 Spaghetti and Meat Sauce Pepperoni Pizza Cheese Pizza Cheeseburger Broccoli Florets Fresh Fruit Craisins Breadstick Fat Free Chocolate Milk 1% Milk	8 Chicken Corn Dog Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Ranch Style Pinto Beans Fresh Fruit Craisins Skim Milk 1% Milk	9 Pepperoni Pizza Hawaiian Pizza Cheese Pizza Cheeseburger on Bun Green Beans Fresh Fruit Craisins Fat Free Chocolate Milk 1% Milk
12 Orange Popcorn Chicken Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Moji Sushi and Hard-Boiled Egg Moji Spicy Crab & Hard Boiled Egg Green Beans and Carrots Craisins Fresh Fruit Brown Rice Fortune Cookie Fat Free Chocolate Milk 1% Milk	13 Soft Beef Tacos Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Corn Craisins Fresh Fruit Brown Rice Skim Milk 1% Milk	14 Sloppy Joe Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Broccoli Florets Craisins Fresh Fruit Skim Milk 1% Milk	15 Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Lattice Cut Fries Ranch Style Pinto Beans Craisins Fresh Fruit Skim Milk 1% Milk	16 Pepperoni Pizza Hawaiian Pizza Cheese Pizza Cheeseburger on Bun Green Beans Craisins Fresh Fruit Fat Free Chocolate Milk 1% Milk
19 MLK JR Day / Teacher Inservice	20 MLK JR Day / Teacher Inservice	21 Chicken Alfredo with Whole Grain Pasta Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Broccoli Florets Craisins Fresh Fruit Breadstick Skim Milk 1% Milk	22 Chicken Nuggets Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Lattice Cut Fries Ranch Style Pinto Beans Fresh Fruit Craisins Breadstick Skim Milk 1% Milk	23 Pepperoni Pizza Hawaiian Pizza Cheese Pizza Cheeseburger on Bun Sliced Carrots Green Beans Fresh Fruit Craisins Fat Free Chocolate Milk 1% Milk
26 Chicken and Vegetable Dumplings Pepperoni Pizza Cheese Pizza Cheeseburger Sliced Carrots Craisins Fresh Fruit Fortune Cookie Fried Rice Skim Milk 1% Milk	27 Soft Beef Tacos Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Corn Craisins Fresh Fruit Brown Rice Skim Milk 1% Milk	28 Cheesy Mozzarella Breadstick and Marinara Sauce Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Broccoli Florets Craisins Fresh Fruit Fat Free Chocolate Milk 1% Milk	29 Fish Sticks Tacos Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Lattice Cut Fries Ranch Style Pinto Beans Fresh Fruit Craisins Skim Milk 1% Milk	30 Pepperoni Pizza Hawaiian Pizza Cheese Pizza Cheeseburger on Bun Green Beans Craisins Fresh Fruit Fat Free Chocolate Milk 1% Milk

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Juneau Community Charter School, Montessori Borealis, Yaakoosge High School Breakfast

January

5 *Snow Day*	**6** *Snow Day*	**7** Apple Frudel Cherry Frudel Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Skim Milk 1% Milk Scrambled Eggs	**8** Canadian Bacon, Egg, Cheese and Whole Wheat English Muffin Breakfast Sandwich Cocoa Puffs Cereal Blueberry Muffin Fresh Fruit Craisins Skim Milk 1% Milk	**9** French Toast Sticks Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs
12 Cinnamon Mini Cinnis Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	**13** Pancakes Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	**14** Warm Cinnamon Apples and Funnel Cake Waffle Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	**15** Pancake & Sausage Breakfast Stick Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	**16** French Toast Sticks Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs
19 *MLK Day / Teacher Inservice*	**20** *MLK Day / Teacher Inservice*	**21** Waffle with Blueberries and Whip Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Skim Milk 1% Milk Eggs	**22** Canadian Bacon, Egg, Cheese and Whole Wheat English Muffin Breakfast Sandwich Cocoa Puffs Cereal Fresh Fruit Craisins Skim Milk 1% Milk Eggs	**23** French Toast Sticks Cocoa Puffs Cereal Blueberry Muffin Fresh Fruit Skim Milk 1% Milk Eggs
26 Cinnamon Mini Cinnis Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	**27** Pancakes Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	**28** Warm Cinnamon Apples and Funnel Cake Waffle Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	**29** Pancake & Sausage Breakfast Stick Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	**30** French Toast Sticks Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs

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Juneau Community Charter School
Montessori Borealis Lunch
January

5 *Snow Day*	6 *Snow Day*	7 Chicken and Waffle Sliced Carrots Fresh Fruit Skim Milk 1% Milk Ranch Dressing Ketchup	8 Chicken Corn Dog Lattice Cut Fries Baked Beans Fresh Fruit Skim Milk 1% Milk Ranch Dressing Ketchup	9 Pepperoni Pizza Hawaiian Pizza Cheese Pizza Green Beans Fresh Fruit Fat Free Chocolate Milk 1% Milk Ranch Dressing Ketchup
12 Orange Popcorn Chicken Sliced Carrots Fresh Fruit Craisins Fortune Cookie Brown Rice Skim Milk 1% Milk	13 Beef Tacos Corn Fresh Fruit Skim Milk 1% Milk Sour Cream Packet Ranch Dressing Ketchup	14 Cheesy Mozzarella Breadstick and Marinara Sauce Broccoli Florets Fresh Fruit Skim Milk 1% Milk	15 Cheeseburger Lattice Cut Fries Ranch Style Pinto Beans Fresh Fruit Skim Milk 1% Milk Ranch Dressing Ketchup	16 Pepperoni Pizza Hawaiian Pizza Cheese Pizza Green Beans Fresh Fruit Fat Free Chocolate Milk 1% Milk Ranch Dressing Ketchup
19 *MLK JR Day / Teacher Inservice*	20 *MLK JR Day / Teacher Inservice*	21 Chicken Alfredo with Whole Grain Pasta Broccoli Florets Sliced Carrots Fresh Fruit Breadstick Skim Milk 1% Milk Ranch Dressing Ketchup	22 Chicken Nuggets Ranch Style Pinto Beans Lattice Cut Fries Fresh Fruit Skim Milk 1% Milk Ranch Dressing Ketchup	23 Pepperoni Pizza Hawaiian Pizza Cheese Pizza Green Beans Fresh Fruit Fat Free Chocolate Milk 1% Milk Ranch Dressing Ketchup
26 Chicken and Vegetable Dumplings Sliced Carrots Fresh Fruit Fortune Cookie Skim Milk 1% Milk	27 Beef Tacos Corn Fresh Fruit Skim Milk 1% Milk Sour Cream Packet Ranch Dressing Ketchup	28 Sloppy Joe Broccoli Florets Fresh Fruit Skim Milk 1% Milk Ranch Dressing Ketchup	29 Fish Sticks Tacos Ranch Style Pinto Beans Lattice Cut Fries Cole Slaw Mix Fresh Fruit Skim Milk 1% Milk Tartar Sauce Cup	30 Pepperoni Pizza Hawaiian Pizza Cheese Pizza Green Beans Fresh Fruit Fat Free Chocolate Milk 1% Milk Ranch Dressing Ketchup

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Yaakoosge Daakahidi High School Lunch

January

			1 *Winter Break*	2 *Winter Break*
5 *Snow Day*	6 *Snow Day*	7 Chicken and Waffle Sliced Carrots Fresh Fruit Skim Milk 1% Milk Ranch Dressing Ketchup	8 Chicken Corn Dog Broccoli Florets Ranch Style Pinto Beans Fresh Fruit Skim Milk 1% Milk Ranch Dressing Ketchup	9 Pepperoni Pizza Hawaiian Pizza Cheese Pizza Green Beans Corn Fresh Fruit Fat Free Chocolate Milk 1% Milk Ranch Dressing Ketchup
12 Orange Popcorn Chicken Sliced Carrots Fresh Fruit Craisins Fortune Cookie Brown Rice Skim Milk 1% Milk	13 Beef Tacos Corn Fresh Fruit Spanish Brown Rice Skim Milk 1% Milk Sour Cream Packet Ranch Dressing Ketchup	14 Cheesy Mozzarella Breadstick and Marinara Sauce Broccoli Florets Fresh Fruit Skim Milk 1% Milk	15 Cheeseburger Lattice Cut Fries Ranch Style Pinto Beans Fresh Fruit Skim Milk 1% Milk Ranch Dressing Ketchup	16 Pepperoni Pizza Hawaiian Pizza Cheese Pizza Green Beans Fresh Fruit Fat Free Chocolate Milk 1% Milk Ranch Dressing Ketchup
19 *MLK Day/ Teach In-Service*	20 *MLK Day/ Teach In-Service*	21 Chicken Alfredo with Whole Grain Pasta Sliced Carrots Broccoli Florets Fresh Fruit Breadstick Skim Milk 1% Milk Ranch Dressing Ketchup	22 Chicken Nuggets Ranch Style Pinto Beans Lattice Cut Fries Fresh Fruit Breadstick Skim Milk 1% Milk Ranch Dressing Ketchup	23 Pepperoni Pizza Hawaiian Pizza Cheese Pizza Green Beans Fresh Fruit Fat Free Chocolate Milk 1% Milk Ranch Dressing Ketchup
26 Chicken and Vegetable Dumplings Sliced Carrots Fresh Fruit Fortune Cookie Brown Rice Skim Milk 1% Milk	27 Beef Tacos Corn Fresh Fruit Brown Rice Skim Milk 1% Milk Sour Cream Packet Ranch Dressing Ketchup	28 Sloppy Joe Broccoli Florets Fresh Fruit Skim Milk 1% Milk Ranch Dressing Ketchup	29 Fish Sticks Tacos Ranch Style Pinto Beans Lattice Cut Fries Cole Slaw Mix Fresh Fruit Skim Milk 1% Milk Tartar Sauce Cup	30 Pepperoni Pizza Hawaiian Pizza Cheese Pizza Green Beans Fresh Fruit Fat Free Chocolate Milk 1% Milk Ranch Dressing Ketchup

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