

BE
MINE

February Breakfast

BE
MINE

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

**JSD High School
February 2025**

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Bagel Day! Bagel (WG) w/Cream Cheese or Muffin (WG) w/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 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
10	11	12	13	14
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
17	18	19	20	21
Holiday No School	Holiday No School	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
24	25	26	27	28
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

**nutrition
corner**

Pears



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

healthline.com

**Juneau Schools
Nutrition**



Visit our website for menus, news
healthy eating education & more

FEBRUARY

Lunch

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

JSD High School
February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<i>Asian Meatballs!</i> Asian Meatball Sub Corn Applesauce Choice of Milk	<i>Taco Tuesday</i> Beef Taco Tortilla (WG) Rice Refried Beans Oranges Choice of Milk	<i>Cheeseburger Day!</i> Hamburger w/Cheese Bun (WG) Sweet Potato Fries Peaches Choice of Milk	<i>Chicken & Waffles!</i> Chicken & Waffles (WG) Carrots Fresh Apples Choice of Milk	<i>Pizza Friday</i> Pepperoni, Specialty, or Cheese Pizza Balsamic-Garlic Broccoli Pineapple Choice of Milk
10	11	12	13	14
<i>Popcorn Chicken Bowl</i> Popcorn Chicken Mashed Potatoes w/Gravy Dinner Rolls (WG) Applesauce Choice of Milk	<i>Nachoragious!</i> Beef Nachos w/Cheese Sauce Refried Beans Fresh Oranges Choice of Milk	<i>Cheeseburger Day!</i> Hamburger w/Cheese Bun (WG) Sweet Potato Fries Peaches Choice of Milk	<i>Riblet Sandwich</i> Coleslaw Potato Wedges Applesauce Choice of Milk	<i>Pizza Friday</i> Pepperoni, Specialty, or Cheese Pizza Balsamic-Garlic Broccoli Pineapple Choice of Milk
17	18	19	20	21
<i>Holiday No School</i>	<i>Holiday No School</i>	<i>Cheeseburger Day!</i> Hamburger w/Cheese Bun (WG) Sweet Potato Fries Peaches Choice of Milk	<i>Meatball Sub!</i> Meatball Marinara Sub Carrots Pears Choice of Milk	<i>Pizza Friday</i> Pepperoni, Specialty, or Cheese Pizza Balsamic-Garlic Broccoli Pineapple Choice of Milk
24	25	26	27	28
<i>General Tso's!</i> General Tso's Chicken Fried Rice Roasted Chickpeas Applesauce Choice of Milk	<i>Riblet Sandwich</i> Coleslaw Potato Wedges Applesauce Choice of Milk	<i>Cheeseburger Day!</i> Hamburger w/Cheese Bun (WG) Sweet Potato Fries Peaches Choice of Milk	<i>Popcorn Chicken!</i> Popcorn Chicken w/Orange Sauce Green Peas Fresh Apples Choice of Milk	<i>Pizza Friday</i> Pepperoni, Specialty, or Cheese Pizza Balsamic-Garlic 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



Visit our website for menus, news healthy eating education & more