



# Juneau-Douglas High School

## December Breakfast Menu

<b>Cinnamon Mini Cinnis</b> <b>Blueberry Muffin</b> <b>Cocoa Puffs Cereal</b> <b>Fresh Fruit</b> <b>Craisins</b> <b>Cinnamon Giant</b> <b>Goldfish Grahams</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Scrambled Eggs</b>	<b>1</b>	<b>Pancakes</b> <b>Blueberry Muffin</b> <b>Cocoa Puffs Cereal</b> <b>Fresh Fruit</b> <b>Craisins</b> <b>Cinnamon Giant</b> <b>Goldfish Grahams</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Scrambled Eggs</b>	<b>2</b>	<b>Waffle with Blueberries and Whip</b> <b>Blueberry Muffin</b> <b>Cocoa Puffs Cereal</b> <b>Fresh Fruit</b> <b>Craisins</b> <b>Cinnamon Giant</b> <b>Goldfish Grahams</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Scrambled Eggs</b>	<b>3</b>	<b>Canadian Bacon, Egg, Cheese and Whole Wheat English Muffin</b> <b>Breakfast Sandwich</b> <b>Blueberry Muffin</b> <b>Cocoa Puffs Cereal</b> <b>Fresh Fruit</b> <b>Craisins</b> <b>Cinnamon Giant</b> <b>Goldfish Grahams</b> <b>Skim Milk</b> <b>1% Milk</b>	<b>4</b>	<b>French Toast Sticks</b> <b>Blueberry Muffin</b> <b>Cocoa Puffs Cereal</b> <b>Fresh Fruit</b> <b>Craisins</b> <b>Cinnamon Giant</b> <b>Goldfish Grahams</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Scrambled Eggs</b>	<b>5</b>
<b>Apple Frudel</b> <b>Cherry Frudel</b> <b>Blueberry Muffin</b> <b>Cocoa Puffs Cereal</b> <b>Fresh Fruit</b> <b>Craisins</b> <b>Cinnamon Giant</b> <b>Goldfish Grahams</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Scrambled Eggs</b>	<b>8</b>	<b>Pancakes</b> <b>Blueberry Muffin</b> <b>Cocoa Puffs Cereal</b> <b>Fresh Fruit</b> <b>Craisins</b> <b>Cinnamon Giant</b> <b>Goldfish Grahams</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Scrambled Eggs</b>	<b>9</b>	<b>Warm Cinnamon Apples and Funnel Cake Waffle</b> <b>Blueberry Muffin</b> <b>Cocoa Puffs Cereal</b> <b>Fresh Fruit</b> <b>Craisins</b> <b>Cinnamon Giant</b> <b>Goldfish Grahams</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Scrambled Eggs</b>	<b>10</b>	<b>Pancake &amp; Sausage</b> <b>Breakfast Stick</b> <b>Blueberry Muffin</b> <b>Cocoa Puffs Cereal</b> <b>Fresh Fruit</b> <b>Craisins</b> <b>Cinnamon Giant</b> <b>Goldfish Grahams</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Scrambled Eggs</b>	<b>11</b>	<b>French Toast Sticks</b> <b>Blueberry Muffin</b> <b>Cocoa Puffs Cereal</b> <b>Fresh Fruit</b> <b>Craisins</b> <b>Cinnamon Giant</b> <b>Goldfish Grahams</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Scrambled Eggs</b>	<b>12</b>
<b>Cinnamon Mini Cinnis</b> <b>Blueberry Muffin</b> <b>Cocoa Puffs Cereal</b> <b>Fresh Fruit</b> <b>Craisins</b> <b>Cinnamon Giant</b> <b>Goldfish Grahams</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Scrambled Eggs</b>	<b>15</b>	<b>Pancakes</b> <b>Blueberry Muffin</b> <b>Cocoa Puffs Cereal</b> <b>Fresh Fruit</b> <b>Craisins</b> <b>Cinnamon Giant</b> <b>Goldfish Grahams</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Scrambled Eggs</b>	<b>16</b>	<b>Waffle with Blueberries and Whip</b> <b>Blueberry Muffin</b> <b>Cocoa Puffs Cereal</b> <b>Fresh Fruit</b> <b>Craisins</b> <b>Cinnamon Giant</b> <b>Goldfish Grahams</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Scrambled Eggs</b>	<b>17</b>	<b>Canadian Bacon, Egg, Cheese and Whole Wheat English Muffin</b> <b>Breakfast Sandwich</b> <b>Blueberry Muffin</b> <b>Cocoa Puffs Cereal</b> <b>Fresh Fruit</b> <b>Craisins</b> <b>Cinnamon Giant</b> <b>Goldfish Grahams</b> <b>Skim Milk</b> <b>1% Milk</b>	<b>18</b>	<b>French Toast Sticks</b> <b>Blueberry Muffin</b> <b>Cocoa Puffs Cereal</b> <b>Fresh Fruit</b> <b>Craisins</b> <b>Cinnamon Giant</b> <b>Goldfish Grahams</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Scrambled Eggs</b>	<b>19</b>
<b>Winter Break</b>	<b>22</b>	<b>Winter Break</b>	<b>23</b>	<b>Winter Break</b>	<b>24</b>	<b>Winter Break</b>	<b>25</b>	<b>Winter Break</b>	<b>26</b>
<b>Winter Break</b>	<b>29</b>	<b>Winter Break</b>	<b>30</b>	<b>Winter Break</b>	<b>31</b>				



# Juneau-Douglas High School

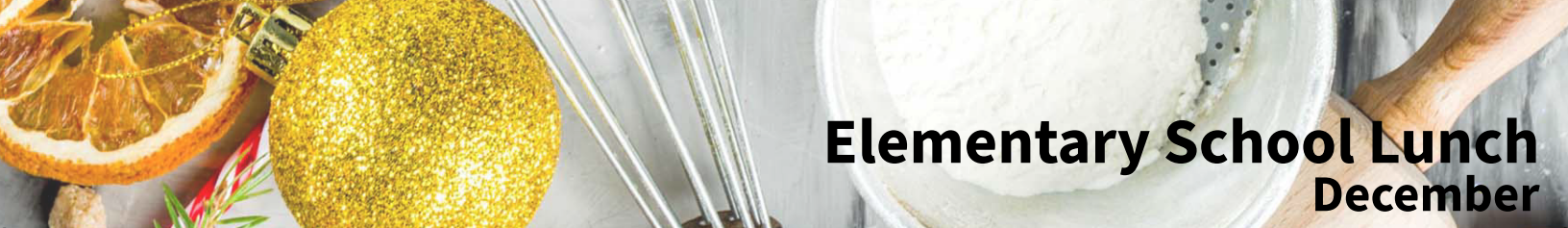
## December Lunch Menu

<b>Chicken and Waffle</b> <b>Pepperoni Pizza</b> <b>Cheese Pizza</b> <b>Cheeseburger on Bun</b> <b>Hot Dog</b> <b>Sliced Carrots</b> <b>Fresh Fruit</b> <b>Craisins</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Ranch Dressing</b> <b>Ketchup</b>	<b>1</b>	<b>Soft Beef Tacos</b> <b>Pepperoni Pizza</b> <b>Cheese Pizza</b> <b>Cheeseburger on Bun</b> <b>Hot Dog</b> <b>Corn</b> <b>Fresh Fruit</b> <b>Craisins</b> <b>Brown Rice</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Sour Cream Packet</b> <b>Ranch Dressing</b> <b>Ketchup</b>	<b>2</b>	<b>Pepperoni Pizza</b> <b>Cheese Pizza</b> <b>Cheeseburger on Bun</b> <b>Hot Dog</b> <b>Sloppy Joe</b> <b>Broccoli Florets</b> <b>Fresh Fruit</b> <b>Craisins</b> <b>Cheesy Garlic Breadstick</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Ranch Dressing</b> <b>Ketchup</b>	<b>3</b>	<b>Chicken Corn Dog</b> <b>Pepperoni Pizza</b> <b>Cheese Pizza</b> <b>Cheeseburger on Bun</b> <b>Hot Dog</b> <b>Lattice Cut Fries</b> <b>Ranch Style Pinto Beans</b> <b>Fresh Fruit</b> <b>Craisins</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Ranch Dressing</b> <b>Ketchup</b>	<b>4</b>	<b>Pepperoni Pizza</b> <b>Hawaiian Pizza</b> <b>Cheese Pizza</b> <b>Cheeseburger on Bun</b> <b>Hot Dog</b> <b>Green Beans</b> <b>Fresh Fruit</b> <b>Craisins</b> <b>Fat Free Chocolate Milk</b> <b>1% Milk</b> <b>Marinara Sauce</b> <b>Ranch Dressing</b> <b>Ketchup</b>	<b>5</b>
<b>Orange Popcorn</b> <b>Chicken</b> <b>Moji Sushi and Hard-Boiled Egg</b> <b>Moji Spicy Crab &amp; Hard Boiled Egg</b> <b>Pepperoni Pizza</b> <b>Cheese Pizza</b> <b>Cheeseburger on Bun</b> <b>Hot Dog</b> <b>Green Beans and Carrots</b> <b>Fresh Fruit</b> <b>Craisins</b> <b>Fortune Cookie</b> <b>Brown Rice</b> <b>Fat Free Chocolate Milk</b> <b>1% Milk</b>	<b>8</b>	<b>Soft Beef Tacos</b> <b>Pepperoni Pizza</b> <b>Cheese Pizza</b> <b>Cheeseburger on Bun</b> <b>Hot Dog</b> <b>Corn</b> <b>Fresh Fruit</b> <b>Craisins</b> <b>Brown Rice</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Sour Cream Packet</b> <b>Ranch Dressing</b> <b>Ketchup</b>	<b>9</b>	<b>Spaghetti and Meat Sauce</b> <b>Pepperoni Pizza</b> <b>Cheese Pizza</b> <b>Cheeseburger</b> <b>Hot Dog</b> <b>Broccoli Florets</b> <b>Fresh Fruit</b> <b>Craisins</b> <b>Cheesy Garlic Breadstick</b> <b>Fat Free Chocolate Milk</b> <b>1% Milk</b> <b>Ranch Dressing</b> <b>Ketchup</b>	<b>10</b>	<b>Golden Crispy Chicken Tenders</b> <b>Pepperoni Pizza</b> <b>Cheese Pizza</b> <b>Cheeseburger</b> <b>Hot Dog</b> <b>Ranch Style Pinto Beans</b> <b>Lattice Cut Fries</b> <b>Fresh Fruit</b> <b>Craisins</b> <b>Cheesy Garlic Breadstick</b> <b>Fat Free Chocolate Milk</b> <b>1% Milk</b> <b>Ranch Dressing</b> <b>Ketchup</b>	<b>11</b>	<b>Pepperoni Pizza</b> <b>Hawaiian Pizza</b> <b>Cheese Pizza</b> <b>Cheeseburger</b> <b>Hot Dog</b> <b>Green Beans and Carrots</b> <b>Fresh Fruit</b> <b>Craisins</b> <b>Fat Free Chocolate Milk</b> <b>1% Milk</b> <b>Marinara Sauce</b> <b>Ranch Dressing</b> <b>Ketchup</b>	<b>12</b>
<b>General Tso's Chicken Drumstick</b> <b>Pepperoni Pizza</b> <b>Cheese Pizza</b> <b>Cheeseburger</b> <b>Hot Dog</b> <b>Sliced Carrots</b> <b>Fresh Fruit</b> <b>Craisins</b> <b>Fortune Cookie</b> <b>Fried Rice</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Ranch Dressing</b> <b>Ketchup</b>	<b>15</b>	<b>Beef Tacos</b> <b>Pepperoni Pizza</b> <b>Cheese Pizza</b> <b>Cheeseburger</b> <b>Hot Dog</b> <b>Corn</b> <b>Fresh Fruit</b> <b>Craisins</b> <b>Brown Rice</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Sour Cream Packet</b> <b>Ranch Dressing</b> <b>Ketchup</b>	<b>16</b>	<b>Chicken Alfredo with Whole Grain Pasta</b> <b>Pepperoni Pizza</b> <b>Cheese Pizza</b> <b>Cheeseburger on Bun</b> <b>Hot Dog</b> <b>Broccoli Florets</b> <b>Fresh Fruit</b> <b>Craisins</b> <b>Cheesy Garlic Breadstick</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Ranch Dressing</b> <b>Ketchup</b>	<b>17</b>	<b>Chicken Corn Dog</b> <b>Pepperoni Pizza</b> <b>Cheese Pizza</b> <b>Cheeseburger on Bun</b> <b>Hot Dog</b> <b>Lattice Cut Fries</b> <b>Ranch Style Pinto Beans</b> <b>Fresh Fruit</b> <b>Craisins</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Ranch Dressing</b> <b>Ketchup</b>	<b>18</b>	<b>Pepperoni Pizza</b> <b>Hawaiian Pizza</b> <b>Cheese Pizza</b> <b>Cheeseburger</b> <b>Hot Dog</b> <b>Green Beans</b> <b>Fresh Fruit</b> <b>Craisins</b> <b>Fat Free Chocolate Milk</b> <b>1% Milk</b> <b>Marinara Sauce</b> <b>Ranch Dressing</b> <b>Ketchup</b>	<b>19</b>
<b>Winter Break</b>	<b>22</b>	<b>Winter Break</b>	<b>23</b>	<b>Winter Break</b>	<b>24</b>	<b>Winter Break</b>	<b>25</b>	<b>Winter Break</b>	<b>26</b>
<b>Winter Break</b>	<b>29</b>	<b>Winter Break</b>	<b>30</b>	<b>Winter Break</b>	<b>31</b>				

# Elementary & Middle School Breakfast

## December

Cinnamon Mini Cinnis Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	<b>1</b>	Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Skim Milk 1% Milk Scrambled Eggs	<b>2</b>	Waffle with Blueberries and Whip Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	<b>3</b>	Canadian Bacon, Egg, Cheese and Whole Wheat English Muffin Breakfast Sandwich Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Skim Milk 1% Milk	<b>4</b>	French Toast Sticks and Whip Topping Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	<b>5</b>
Cinnamon Mini Cinnis Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	<b>8</b>	Pancake Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Skim Milk 1% Milk Scrambled Eggs	<b>9</b>	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	<b>10</b>	Pancake & Sausage Breakfast Stick Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Skim Milk 1% Milk Scrambled Eggs	<b>11</b>	French Toast Sticks and Whip Topping Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	<b>12</b>
Cinnamon Mini Cinnis Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	<b>15</b>	Pancake Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Skim Milk 1% Milk Scrambled Eggs	<b>16</b>	Waffle with Blueberries and Whip Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	<b>17</b>	Canadian Bacon, Egg, Cheese and Whole Wheat English Muffin Breakfast Sandwich Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Skim Milk 1% Milk	<b>18</b>	French Toast Sticks and Whip Topping Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	<b>19</b>
Winter Break	<b>22</b>	Winter Break	<b>23</b>	Winter Break	<b>24</b>	Winter Break	<b>25</b>	Winter Break	<b>26</b>
Winter Break	<b>29</b>	Winter Break	<b>30</b>	Winter Break	<b>31</b>				



# Elementary School Lunch

## December

<b>Chicken Nuggets</b> <b>Sliced Carrots</b> <b>Fresh Fruit</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Ranch Dressing</b> <b>Ketchup</b>	<b>1</b>	<b>Beef Tacos</b> <b>Corn</b> <b>Fresh Fruit</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Sour Cream Packet</b> <b>Ranch Dressing</b> <b>Ketchup</b>	<b>2</b>	<b>Sloppy Joe</b> <b>Broccoli Florets</b> <b>Fresh Fruit</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Ranch Dressing</b> <b>Ketchup</b>	<b>3</b>	<b>Cheeseburger</b> <b>Lattice Cut Fries</b> <b>Ranch Style Pinto Beans</b> <b>Fresh Fruit</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Ranch Dressing</b> <b>Ketchup</b>	<b>4</b>	<b>Pepperoni Pizza</b> <b>Hawaiian Pizza</b> <b>Cheese Pizza</b> <b>Green Beans</b> <b>Fresh Fruit</b> <b>Fat Free Chocolate Milk</b> <b>1% Milk</b> <b>Ranch Dressing</b> <b>Ketchup</b>	<b>5</b>
<b>General Tso's Chicken</b> <b>Drumstick</b> <b>Sliced Carrots</b> <b>Fresh Fruit</b> <b>Fortune Cookie</b> <b>Fried Rice</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Ranch Dressing</b> <b>Ketchup</b>	<b>8</b>	<b>Beef Tacos (2)</b> <b>Corn</b> <b>Fresh Fruit</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Sour Cream Packet</b> <b>Ranch Dressing</b> <b>Ketchup</b>	<b>9</b>	<b>Spaghetti and Meat Sauce</b> <b>Broccoli Florets</b> <b>Fresh Fruit</b> <b>Cheesy Garlic Breadstick</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Ranch Dressing</b> <b>Ketchup</b>	<b>10</b>	<b>Chicken Corn Dog</b> <b>Lattice Cut Fries</b> <b>Baked Beans</b> <b>Fresh Fruit</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Ranch Dressing</b> <b>Ketchup</b>	<b>11</b>	<b>Pepperoni Pizza</b> <b>Hawaiian Pizza</b> <b>Cheese Pizza</b> <b>Green Beans</b> <b>Fresh Fruit</b> <b>Fat Free Chocolate Milk</b> <b>1% Milk</b> <b>Ranch Dressing</b> <b>Ketchup</b>	<b>12</b>
<b>Orange Popcorn</b> <b>Chicken</b> <b>Sliced Carrots</b> <b>Fresh Fruit</b> <b>Fortune Cookie</b> <b>Brown Rice</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Ranch Dressing</b> <b>Ketchup</b>	<b>15</b>	<b>Beef Tacos</b> <b>Corn</b> <b>Fresh Fruit</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Sour Cream Packet</b> <b>Ranch Dressing</b> <b>Ketchup</b>	<b>16</b>	<b>Chicken Alfredo with Whole Grain Pasta</b> <b>Broccoli Florets</b> <b>Fresh Fruit</b> <b>Cheesy Garlic Breadstick</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Ranch Dressing</b> <b>Ketchup</b>	<b>17</b>	<b>Cheeseburger</b> <b>Lattice Cut Fries</b> <b>Ranch Style Pinto Beans</b> <b>Fresh Fruit</b> <b>Skim Milk</b> <b>1% Milk</b> <b>Ranch Dressing</b> <b>Ketchup</b>	<b>18</b>	<b>Pepperoni Pizza</b> <b>Hawaiian Pizza</b> <b>Cheese Pizza</b> <b>Green Beans</b> <b>Fresh Fruit</b> <b>Fat Free Chocolate Milk</b> <b>1% Milk</b> <b>Ranch Dressing</b> <b>Ketchup</b>	<b>19</b>
<i>Winter Break</i>	<b>22</b>	<i>Winter Break</i>	<b>23</b>	<i>Winter Break</i>	<b>24</b>	<i>Winter Break</i>	<b>25</b>	<i>Winter Break</i>	<b>26</b>
<i>Winter Break</i>	<b>29</b>	<i>Winter Break</i>	<b>30</b>	<i>Winter Break</i>	<b>31</b>				

# Thunder Mountain Middle School Lunch

## December

<b>1</b> Chicken and Waffle Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Sliced Carrots Fresh Fruit Skim Milk 1% Milk Ranch Dressing Ketchup	<b>2</b> Beef Tacos Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Corn Fresh Fruit Spanish Brown Rice Skim Milk 1% Milk Sour Cream Packet Ranch Dressing Ketchup	<b>3</b> Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Sloppy Joe Broccoli Florets Fresh Fruit Skim Milk 1% Milk Ranch Dressing Ketchup	<b>4</b> Chicken Corn Dog Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Lattice Cut Fries Ranch Style Pinto Beans Fresh Fruit Skim Milk 1% Milk Ketchup Ranch Dressing	<b>5</b> Pepperoni Pizza Hawaiian Pizza Cheese Pizza Cheeseburger on Bun Green Beans Fresh Fruit Fat Free Chocolate Milk 1% Milk Ranch Dressing Ketchup
<b>8</b> Orange Popcorn Chicken Moji Sushi and Hard-Boiled Egg Moji Spicy Crab & Hard Boiled Egg Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Sliced Carrots Fresh Fruit Fortune Cookie Brown Rice Skim Milk 1% Milk Ranch Dressing Ketchup	<b>9</b> Beef Tacos Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Corn Fresh Fruit Spanish Brown Rice Skim Milk 1% Milk Sour Cream Packet Ranch Dressing Ketchup	<b>10</b> Spaghetti and Meat Sauce Pepperoni Pizza Cheese Pizza Cheeseburger Broccoli Florets Fresh Fruit Cheesy Garlic Breadstick Skim Milk 1% Milk Ranch Dressing Ketchup	<b>11</b> Chicken Nuggets Pepperoni Pizza Cheese Pizza Cheeseburger Lattice Cut Fries Ranch Style Pinto Beans Fresh Fruit Dinner Roll Skim Milk 1% Milk Ketchup Ranch Dressing	<b>12</b> Pepperoni Pizza Hawaiian Pizza Cheese Pizza Cheeseburger on Bun Green Beans Fresh Fruit Fat Free Chocolate Milk 1% Milk Ranch Dressing Ketchup
<b>15</b> General Tso's Chicken Drumstick Pepperoni Pizza Cheese Pizza Cheeseburger Sliced Carrots Fresh Fruit Fortune Cookie Fried Rice Skim Milk 1% Milk	<b>16</b> Beef Tacos Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Corn Fresh Fruit Spanish Brown Rice Skim Milk 1% Milk Sour Cream Packet Ketchup Ranch Dressing	<b>17</b> Chicken Alfredo with Whole Grain Pasta Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Broccoli Florets Fresh Fruit Cheesy Garlic Breadstick Skim Milk 1% Milk Ketchup Ranch Dressing	<b>18</b> Chicken Corn Dog Pepperoni Pizza Cheese Pizza Cheeseburger on Bun Lattice Cut Fries Ranch Style Pinto Beans Fresh Fruit Skim Milk 1% Milk Ketchup Ranch Dressing	<b>19</b> Pepperoni Pizza Hawaiian Pizza Cheese Pizza Cheeseburger on Bun Green Beans Fresh Fruit Fat Free Chocolate Milk 1% Milk Ketchup Ranch Dressing
<b>22</b> Winter Break	<b>23</b> Winter Break	<b>24</b> Winter Break	<b>25</b> Winter Break	<b>26</b> Winter Break
<b>29</b> Winter Break	<b>30</b> Winter Break	<b>31</b> Winter Break		



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

Cinnamon Mini Cinnis Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	<b>1</b>	Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	<b>2</b>	Waffle with Blueberries and Whip Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	<b>3</b>	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	<b>4</b>	French Toast Sticks Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	<b>5</b>
Cinnamon Mini Cinnis Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	<b>8</b>	Pancakes Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	<b>9</b>	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	<b>10</b>	Pancake & Sausage Breakfast Stick Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	<b>11</b>	French Toast Sticks Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	<b>12</b>
Cinnamon Mini Cinnis Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	<b>15</b>	Pancakes Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	<b>16</b>	Waffle with Blueberries and Whip Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	<b>17</b>	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	<b>18</b>	French Toast Sticks Blueberry Muffin Cocoa Puffs Cereal Fresh Fruit Craisins Cinnamon Giant Goldfish Grahams Skim Milk 1% Milk Scrambled Eggs	<b>19</b>
Winter Break	<b>22</b>	Winter Break	<b>23</b>	Winter Break	<b>24</b>	Winter Break	<b>25</b>	Winter Break	<b>26</b>
Winter Break	<b>29</b>	Winter Break	<b>30</b>	Winter Break	<b>31</b>				



# Juneau Community Charter School

## Montessori Borealis Lunch

### December

Orange Popcorn Chicken Sliced Carrots Fresh Fruit Craisins Fortune Cookie Brown Rice Skim Milk 1% Milk Ranch Dressing Ketchup	<b>1</b>	Beef Tacos Corn Fresh Fruit Craisins Skim Milk 1% Milk Sour Cream Packet Ranch Dressing Ketchup	<b>2</b>	Sloppy Joe Broccoli Florets Fresh Fruit Craisins Skim Milk 1% Milk Ranch Dressing Ketchup	<b>3</b>	Cheeseburger on Bun Lattice Cut Fries Ranch Style Pinto Beans Fresh Fruit Craisins Skim Milk 1% Milk Ranch Dressing Ketchup	<b>4</b>	Pepperoni Pizza Hawaiian Pizza Cheese Pizza Green Beans Fresh Fruit Craisins Fat Free Chocolate Milk 1% Milk Ranch Dressing Ketchup	<b>5</b>
Orange Popcorn Chicken Sliced Carrots Fresh Fruit Craisins Fortune Cookie Brown Rice Skim Milk 1% Milk Ranch Dressing Ketchup	<b>8</b>	Beef Tacos Corn Fresh Fruit Craisins Skim Milk 1% Milk Sour Cream Packet Ranch Dressing	<b>9</b>	Spaghetti and Meat Sauce Broccoli Florets Fresh Fruit Craisins Cheesy Garlic Breadstick Skim Milk 1% Milk Ranch Dressing Ketchup	<b>10</b>	Chicken Corn Dog Lattice Cut Fries Ranch Style Pinto Beans Fresh Fruit Craisins Skim Milk 1% Milk Ranch Dressing Ketchup	<b>11</b>	Pepperoni Pizza Hawaiian Pizza Cheese Pizza Green Beans Fresh Fruit Craisins Fat Free Chocolate Milk 1% Milk Ranch Dressing Ketchup	<b>12</b>
General Tso's Chicken Drumstick Sliced Carrots Fresh Fruit Craisins Fortune Cookie Fried Rice Skim Milk 1% Milk Ranch Dressing Ketchup	<b>15</b>	Beef Tacos Corn Fresh Fruit Craisins Skim Milk 1% Milk Sour Cream Packet Ranch Dressing Ketchup	<b>16</b>	Chicken Alfredo with Whole Grain Pasta Broccoli Florets Fresh Fruit Craisins Cheesy Garlic Breadstick Skim Milk 1% Milk Ranch Dressing Ketchup	<b>17</b>	Cheeseburger on Bun Ranch Style Pinto Beans Lattice Cut Fries Fresh Fruit Craisins Skim Milk 1% Milk Ranch Dressing Ketchup	<b>18</b>	Pepperoni Pizza Hawaiian Pizza Cheese Pizza Green Beans Fresh Fruit Craisins Fat Free Chocolate Milk 1% Milk Ranch Dressing Ketchup	<b>19</b>
Winter Break	<b>22</b>	Winter Break	<b>23</b>	Winter Break	<b>24</b>	Winter Break	<b>25</b>	Winter Break	<b>26</b>
Winter Break	<b>29</b>	Winter Break	<b>30</b>	Winter Break	<b>31</b>				

# Yaakoosge Daakahidi High School Lunch

## December

Orange Popcorn Chicken Sliced Carrots Fresh Fruit Craisins Fortune Cookie Fried Rice Fat Free Chocolate Milk 1% Milk	<b>1</b>	Beef Tacos Corn Fresh Fruit Craisins Brown Rice Fat Free Chocolate Milk 1% Milk Sour Cream Packet	<b>2</b>	Sloppy Joe Broccoli Florets Fresh Fruit Craisins Fat Free Chocolate Milk 1% Milk	<b>3</b>	Cheeseburger Ranch Style Pinto Beans Lattice Cut Fries Fresh Fruit Craisins Fat Free Chocolate Milk 1% Milk Ketchup	<b>4</b>	Pepperoni Pizza Hawaiian Pizza Cheese Pizza Green Beans Sliced Carrots Fresh Fruit Craisins Fat Free Chocolate Milk 1% Milk Ranch Dressing	<b>5</b>
General Tso's Chicken Drumstick Sliced Carrots Fresh Fruit Craisins Fortune Cookie Fried Rice Skim Milk 1% Milk	<b>8</b>	Beef Tacos Corn Fresh Fruit Craisins Brown Rice Skim Milk 1% Milk Sour Cream Packet	<b>9</b>	Spaghetti and Meat Sauce Broccoli Florets Fresh Fruit Craisins Cheesy Garlic Breadstick Skim Milk 1% Milk	<b>10</b>	Chicken Corn Dog Lattice Cut Fries Ranch Style Pinto Beans Fresh Fruit Craisins Skim Milk 1% Milk Ranch Dressing Ketchup	<b>11</b>	Pepperoni Pizza Hawaiian Pizza Cheese Pizza Green Beans Sliced Carrots Fresh Fruit Craisins Fat Free Chocolate Milk 1% Milk Ranch Dressing	<b>12</b>
Orange Popcorn Chicken Sliced Carrots Fresh Fruit Craisins Fortune Cookie Fried Rice Fat Free Chocolate Milk 1% Milk	<b>15</b>	Beef Tacos Corn Fresh Fruit Craisins Brown Rice Fat Free Chocolate Milk 1% Milk Sour Cream Packet	<b>16</b>	Chicken Alfredo with Whole Grain Pasta Broccoli Florets Fresh Fruit Craisins Breadstick Fat Free Chocolate Milk 1% Milk	<b>17</b>	Cheeseburger on Bun Ranch Style Pinto Beans Lattice Cut Fries Fresh Fruit Craisins Fat Free Chocolate Milk 1% Milk Ketchup	<b>18</b>	Pepperoni Pizza Hawaiian Pizza Cheese Pizza Green Beans Sliced Carrots Fresh Fruit Craisins Fat Free Chocolate Milk 1% Milk Ranch Dressing	<b>19</b>
Winter Break	<b>22</b>	Winter Break	<b>23</b>	Winter Break	<b>24</b>	Winter Break	<b>25</b>	Winter Break	<b>26</b>
Winter Break	<b>29</b>	Winter Break	<b>30</b>	Winter Break	<b>31</b>				

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