

# BREAKFAST



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

**JSD High School October 2024**

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<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 Bar or Cereal Bowl (WG) w/Graham Crackers Oranges or Raisins Orange Juice Choice of Milk
7	8	9	10	11
<i>Bagel Day!</i> Bagel (WG) w/Cream Cheese or Muffin (WG) w/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 Bar or Cereal Bowl (WG) w/Graham Crackers Oranges or Raisins Orange Juice Choice of Milk
14	15	16	17	18
<i>Bagel Day!</i> Bagel (WG) w/Cream Cheese or Muffin (WG) w/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 (WG) 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 Bar or Cereal Bowl (WG) w/Graham Crackers Oranges or Raisins Orange Juice Choice of Milk
21	22	23	24	25
<i>Bagel Day!</i> Bagel (WG) w/Cream Cheese or Muffin (WG) w/Graham Crackers Apples or Raisins Apple Juice Choice of Milk	<i>Pancake Day!</i> Pancakes Sausage Patty or Cereal Bowl (WG) w/Graham Crackers Mixed Fruit or Applesauce Grape Juice Choice of Milk	<i>Breakfast Taco Day!</i> Breakfast Taco or Bagel (WG) w/Cream Cheese Peaches or Craisin Apple Juice Choice of Milk	<i>Biscuits &amp; Gravy Day!</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 Bar or Cereal Bowl (WG) w/Graham Crackers Oranges or Raisins Orange Juice Choice of Milk
28	29	30	31	
<i>Bagel Day!</i> Bagel (WG) w/Cream Cheese or Muffin (WG) w/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	



# LUNCH



## JSD High School October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<b>Meatball Marinara Sub</b> Meatball Marinara Sub Roasted Sweet Potatoes Fresh Oranges Choice of Milk	<b>Cheeseburger Day!</b> Cheeseburger (WG) Seasoned Mixed Veggies Peaches Choice of Milk	<b>Popcorn Chicken Day!</b> Popcorn Chicken with Orange Sauce Green Peas Fresh Apples Choice of Milk	<b>Pizza Friday</b> Pepperoni, Specialty, or Cheese Pizza Lemon-Pepper Broccoli Pineapple Choice of Milk
7	8	9	10	11
<b>Asian Meatball Rice Bowl</b> Asian Meatball Rice Bowl Corn Applesauce Choice of Milk	<b>Taco Tuesday!</b> Beef Tacos (2) Tortilla (WG) Refried Beans Fresh Oranges Choice of Milk	<b>Cheeseburger Day!</b> Hamburger w/Cheese Bun (WG) Green Beans Mixed Fruit Choice of Milk	<b>Chicken &amp; Waffles!</b> Chicken & Waffles (WG) Carrots Fresh Apples Choice of Milk	<b>Pizza Friday</b> Pepperoni, Specialty, or Cheese Pizza Cheesy Broccoli Florets Pineapple Choice of Milk
14	15	16	17	18
<b>Popcorn Chicken Bowl</b> Popcorn Chicken Mashed Potatoes w/Gravy Dinner Rolls (WG) Applesauce Choice of Milk	<b>Nachoragious!</b> Beef Nachos w/Cheese Sauce Refried Beans Fresh Oranges Choice of Milk	<b>Cheeseburger Day!</b> Hamburger with Cheese Bun (WG) Sweet Potato Fries Peaches Choice of Milk	<b>Lasagna Day!</b> Meat Lasagna Dinner Rolls (WG) Green Beans Fresh Apples Choice of Milk	<b>Pizza Friday</b> Pepperoni, Specialty, or Cheese Pizza Balsamic-Garlic Broccoli Pineapple Choice of Milk
21	22	23	24	25
<b>BBQ</b> Riblet Sandwich Coleslaw Potato Wedges Applesauce Choice of Milk	<b>Taco Tuesday!</b> Chicken Tacos (2) Refried or Baked Beans Fresh Oranges Choice of Milk	<b>Cheeseburger Day!</b> Hamburger with Cheese Bun (WG) Seasoned Mixed Vegetables Fruit Cocktail Choice of Milk	<b>Meatball Marinara Sub</b> Meatball Marinara Sub Carrots Pears Choice of Milk	<b>Pizza Friday</b> Pepperoni, Specialty, or Cheese Pizza Raisin-Broccoli Salad Pineapple Choice of Milk
28	29	30	31	
<b>Global Flavours</b> General Tso's Chicken Fried Rice Roasted Chickpeas Applesauce Choice of Milk	<b>Meatball Marinara Sub</b> Meatball Marinara Sub Roasted Sweet Potatoes Fresh Oranges Choice of Milk	<b>Cheeseburger Day!</b> Cheeseburger (WG) Seasoned Mixed Veggies Peaches Choice of Milk	<b>Popcorn Chicken Day!</b> Popcorn Chicken with Orange Sauce Green Peas Fresh Apples Choice of Milk	<b>AVAILABLE DAILY</b> 

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