

BREAKFAST



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

JSD Pre K-8 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 & 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 & 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



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JSD Pre K-8 October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<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 Peas Peaches Choice of Milk	<i>Cheeseburger Day!</i> Hamburger with Cheese Bun (WG) Carrots Fresh Apples Choice of Milk	<i>Pizza Friday</i> Pepperoni, Specialty, or Cheese Pizza Broccoli Pineapple Choice of Milk
7	8	9	10	11
<i>Chicken Drumsticks</i> Chicken Drumsticks Dinner Rolls (WG) Mashed Potatoes Applesauce Choice of Milk	<i>Taco Tuesday!</i> Beef, Tortilla & Rice Refried Beans Fresh Oranges Choice of Milk	<i>Chicken & Waffles!</i> Chicken & Waffles (WG) Green Beans Mixed Fruit Choice of Milk	<i>Cheeseburger Day!</i> Hamburger with Cheese Bun (WG) Carrots Fresh Apples Choice of Milk	<i>Pizza Friday</i> Pepperoni, Specialty, or Cheese Pizza Broccoli Pineapple Choice of Milk
14	15	16	17	18
<i>Chicken Drumsticks</i> Chicken Drumsticks Dinner Rolls (WG) Mashed Potatoes Applesauce Choice of Milk	<i>Corn Dog Day!</i> Corn Dog Baked Beans Fresh Orange Choice of Milk	<i>Orange Chicken Day!</i> Popcorn Chicken w/Orange Sauce Mixed Veggies Peaches Choice of Milk	<i>Cheeseburger Day!</i> Hamburger with Cheese Bun (WG) Carrots Fresh Apples Choice of Milk	<i>Pizza Friday</i> Pepperoni, Specialty, or Cheese Pizza Broccoli Pineapple Choice of Milk
21	22	23	24	25
<i>Chicken Nuggets</i> Chicken Nuggets Potato Wedges Applesauce Choice of Milk	<i>Hot Dog Day!</i> Hot Dog Baked Beans Hot Dog Bun (WG) Fresh Oranges Choice of Milk	<i>Sloppy Joe Day!</i> Ground Beef Bun (WG) Seasoned Mixed Veggies Mixed Fruit Choice of Milk	<i>Cheeseburger Day!</i> Hamburger with Cheese Bun (WG) Carrots Pears Choice of Milk	<i>Pizza Friday</i> Pepperoni, Specialty, or Cheese Pizza Broccoli Pineapple Choice of Milk
28	29	30	31	
<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 Peas Peaches Choice of Milk	<i>Cheeseburger Day!</i> Hamburger with Cheese Bun (WG) Carrots Fresh Apples Choice of Milk	