

November

BREAKFAST

Happy
Thanksgiving

JSD Pre K-8 November 2024

Monday

Tuesday

Wednesday

Thursday

Friday

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



nutrition corner

Pears



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

healthline.com

1

Oatmeal Friday!

Hot Oatmeal Bar
or Cereal Bowl (WG)
w/Graham Crackers
Oranges or Raisins
Orange Juice
Choice of Milk

4

5

6

7

8

Bagel Day!

Bagel (WG)
w/Cream Cheese or
Muffin (WG)
w/Graham Crackers
Apples or Raisins
Apple Juice
Choice of Milk

French Toast Day!

French Toast
Breakfast Sausage
Hash Browns 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 Bar
or Cereal Bowl (WG)
w/Graham Crackers
Oranges or Raisins
Orange Juice
Choice of Milk

11

12

13

14

15

Veteran's Day

No School

Inservice

No School

Inservice

No School

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 Bar
or Cereal Bowl (WG)
w/Graham Crackers
Oranges or Raisins
Orange Juice
Choice of Milk

18

19

20

21

22

Bagel Day!

Bagel (WG)
w/Cream Cheese or
Muffin (WG)
w/Graham Crackers
Apples or Raisins
Apple Juice
Choice of Milk

Pancake Day!

Pancakes
Sausage Patty or
Cereal Bowl (WG)
w/Graham Crackers
Mixed Fruit or Applesauce
Grape Juice
Choice of Milk

Breakfast Taco Day!

Breakfast Taco or
Bagel (WG)
w/Cream Cheese
Peaches or Craisin
Apple Juice
Choice of Milk

Biscuits & Gravy Day!

Biscuits (WG) & Country
Gravy or
English Muffin (WG)
w/Sugar Free Jam
Pears or Applesauce
Grape Juice
Choice of Milk

Oatmeal Friday!

Hot Oatmeal Bar
or Cereal Bowl (WG)
w/Graham Crackers
Oranges or Raisins
Orange Juice
Choice of Milk

25

26

27

28

29

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 Sandwich Day!

Breakfast Sandwich
or Bagel (WG)
Peaches or Craisins
Apple Juice
Choice of Milk

Happy Thanksgiving!

No School

Happy Thanksgiving!

No School

November

LUNCH

Happy
Thanksgiving

JSD Pre K-8 November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Juneau Schools Nutrition</p>  <p>Visit our website for menus, news, healthy eating education & more</p> <p>This institute is an equal opportunity provider. Menu subject to change</p>	<p>SERVED DAILY</p> <p>LOW FAT & CHOCOLATE MILK</p>  <p>FRESH & CANNED FRUIT</p>	 <p>PIZZA FRIDAY</p>		<p>1</p> <p><i>Pizza Friday</i> Pepperoni, Specialty, or Cheese Pizza Broccoli Pineapple Choice of Milk</p>
4	5	6	7	8
<p><i>Chicken Drumsticks</i> Chicken Drumsticks Dinner Rolls (WG) Mashed Potatoes Applesauce Choice of Milk</p>	<p><i>Taco Tuesday!</i> Beef, Tortilla & Rice Refried Beans Fresh Oranges Choice of Milk</p>	<p><i>Chicken & Waffles!</i> Chicken & Waffles (WG) Green Beans Mixed Fruit Choice of Milk</p>	<p><i>Cheeseburger Day!</i> Hamburger with Cheese Bun (WG) Carrots Fresh Apples Choice of Milk</p>	<p><i>Pizza Friday</i> Pepperoni, Specialty, or Cheese Pizza Broccoli Pineapple Choice of Milk</p>
11	12	13	14	15
<p><i>Veteran's Day</i> No School</p>	<p><i>Inservice</i> No School</p>	<p><i>Inservice</i> No School</p>	<p><i>Cheeseburger Day!</i> Hamburger with Cheese Bun (WG) Carrots Fresh Apples Choice of Milk</p>	<p><i>Pizza Friday</i> Pepperoni, Specialty, or Cheese Pizza Broccoli Pineapple Choice of Milk</p>
18	19	20	21	22
<p><i>Chicken Nuggets</i> Chicken Nuggets Potato Wedges Applesauce Choice of Milk</p>	<p><i>Hot Dog Day!</i> Hot Dog Baked Beans Hot Dog Bun (WG) Fresh Oranges Choice of Milk</p>	<p><i>Sloppy Joe Day!</i> Ground Beef Bun (WG) Seasoned Mixed Veggies Mixed Fruit Choice of Milk</p>	<p><i>Cheeseburger Day!</i> Hamburger with Cheese Bun (WG) Carrots Pears Choice of Milk</p>	<p><i>Pizza Friday</i> Pepperoni, Specialty, or Cheese Pizza Broccoli Pineapple Choice of Milk</p>
25	26	27	28	29
<p><i>Brunch for Lunch</i> French Toast (WG) Breakfast Sausage Hash Browns Applesauce Choice of Milk</p>	<p><i>Pulled Pork Sandwich Day!</i> Pulled Pork Bun (WG) Baked Beans Fresh Oranges Choice of Milk</p>	<p><i>Popcorn Chicken Day</i> Popcorn Chicken w/Orange Sauce Brown Rice Green Peas Peaches Choice of Milk</p>	<p><i>Happy Thanksgiving!</i> No School</p>	<p><i>Happy Thanksgiving!</i> No School</p>