

MARCH

Breakfast

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

JSD High School
March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<i>Flapjack Monday!</i> Fresh Flapjacks Breakfast Bar Fresh Orange Slices Orange Juice Choice of Milk	<i>Breakfast Burrito Day!</i> Sausage, Egg, and Cheese Breakfast Burrito Fresh Apple Slices Breakfast Bar Orange Juice Choice of Milk	<i>Pour Your Own Waffle!</i> Pour Your Own Waffle Fresh Orange Slices Breakfast Bar Orange Juice Choice of Milk	<i>Breakfast Sandwich Day!</i> Egg & Cheese Sandwich Fresh Banana Breakfast Bar Orange Juice Choice of Milk	<i>French Toast Friday!</i> French Toast Breakfast Bar Fresh Orange Slices Orange Juice Choice of Milk
10	11	12	13	14
<i>Flapjack Monday!</i> Fresh Flapjacks Breakfast Bar Fresh Orange Slices Orange Juice Choice of Milk	<i>Breakfast Burrito Day!</i> Sausage, Egg, and Cheese Breakfast Burrito Fresh Apple Slices Breakfast Bar Orange Juice Choice of Milk	<i>Pour Your Own Waffle!</i> Pour Your Own Waffle Fresh Orange Slices Breakfast Bar Orange Juice Choice of Milk	<i>Breakfast Sandwich Day!</i> Egg & Cheese Sandwich Fresh Banana Breakfast Bar Orange Juice Choice of Milk	<i>French Toast Friday!</i> French Toast Breakfast Bar Fresh Orange Slices Orange Juice Choice of Milk
17	18	19	20	21
<i>Flapjack Monday!</i> Fresh Flapjacks Breakfast Bar Fresh Orange Slices Orange Juice Choice of Milk	<i>Breakfast Burrito Day!</i> Sausage, Egg, and Cheese Breakfast Burrito Fresh Apple Slices Breakfast Bar Orange Juice Choice of Milk	<i>Pour Your Own Waffle!</i> Pour Your Own Waffle Fresh Orange Slices Breakfast Bar Orange Juice Choice of Milk	<i>Breakfast Sandwich Day!</i> Egg & Cheese Sandwich Fresh Banana Breakfast Bar Orange Juice Choice of Milk	<i>French Toast Friday!</i> French Toast Breakfast Bar Fresh Orange Slices Orange Juice Choice of Milk
24	25	26	27	28
<i>Spring Break!</i>	<i>Spring Break!</i>	<i>Spring Break!</i>	<i>Spring Break!</i>	<i>Spring Break!</i>



NEW
BREAKFAST
BUFFET!
FREE FOR ALL STUDENTS

- Scrambled Eggs
- Sausage
- Parfait
- Assorted Cereal
- Whole Fruit
- Bagels (M/W/F)
- Muffins (T/TH)
- Pork Suasage Patty (M/W/F)
- Turkey Suasage Patty (T/TH)

Juneau Schools
Nutrition



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

MARCH

Lunch

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Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<i>Asian Meatballs!</i> Asian Meatball Rice Bowl Green Beans Applesauce Choice of Milk	<i>Taco Tuesday!</i> Beef Tacos Spanish Rice Refried Beans Fresh Orange Slices Choice of Milk	<i>Cheeseburger Day!</i> Cheeseburger Bun (WG) Sweet Potato Fries Peaches Choice of Milk	<i>Chicken & Waffles!</i> Chicken & Waffles Corn Fresh Apples Slices Choice of Milk	<i>Pizza Friday!</i> Pepperoni or Cheese Pizza Balsamic-Garlic Broccoli Pineapple Choice of Milk
10	11	12	13	14
<i>Popcorn Chicken!</i> Popcorn Chicken Mashed Potatoes w/ Gravy Dinner Rolls (WG) Applesauce Choice of Milk	<i>Crispy Chicken Sandwich!</i> Crispy Chicken Sandwich Potato Wedges Fresh Apple Slices Choice of Milk	<i>Cheeseburger Day!</i> Cheeseburger Bun (WG) Sweet Potato Fries Peaches Choice of Milk	<i>BBQ Riblet Sandwich!</i> BBQ Riblet Sandwich Coleslaw Baked Beans Applesauce Choice of Milk	<i>Pizza Friday!</i> Pepperoni or Cheese Pizza Balsamic-Garlic Broccoli Pineapple Choice of Milk
17	18	19	20	21
<i>Riblet Sandwich!</i> BBQ Riblet Sandwich Coleslaw Potato Wedges Applesauce Choice of Milk	<i>Chicken Quesadilla!</i> Chicken Quesadilla Refried Beans Fresh Orange Slices Choice of Milk	<i>Cheeseburger Day!</i> Cheeseburger Bun (WG) Sweet Potato Fries Peaches Choice of Milk	<i>Meatball Sub Day!</i> Meatball Marinara Sub Green Beans Pears Choice of Milk	<i>Pizza Friday!</i> Pepperoni or Cheese Pizza Balsamic-Garlic Broccoli Pineapple Choice of Milk
24	25	26	27	28
<i>Spring Break!</i>	<i>Spring Break!</i>	<i>Spring Break!</i>	<i>Spring Break!</i>	<i>Spring Break!</i>

nutrition corner

Pears



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

healthline.com



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Nutrition**



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