

MARCH

Breakfast

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

JSD Pre K-8
March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Bagel Day! Bagel (WG) w/ Cream Cheese or Muffin w/ Graham Crackers (WG) Fresh Apples or Craisins Orange Juice Choice of Milk	Breakfast Burrito! Breakfast Burrito or Cereal Bowl (WG) w/ Graham Crackers (WG) Fresh Oranges or Craisins Choice of Milk	Breakfast Pizza Day! Breakfast Pizza or Bagel (WG) w/Cream Cheese Fresh Apples or Craisins Choice of Milk	Pancake Day! Pancakes Sausage Patty or String Cheese w/ Granola Bites Fresh Oranges or Craisins Choice of Milk	Oatmeal Friday! Hot Oatmeal or Cereal Bowl (WG) w/Graham Crackers Fresh Apples or Craisins Orange Juice Choice of Milk
10	11	12	13	14
Bagel Day! Bagel (WG) w/Cream Cheese or Muffin w/ Graham Crackers (WG) Fresh Apples or Craisins Orange Juice Choice of Milk	Egg & Cheese Omelet Day! Egg & Cheese Omelet or Cereal Bowl (WG) w/Graham Crackers (WG) Fresh Oranges & Craisins Choice of Milk	Breakfast Pizza Day! Breakfast Pizza or Bagel (WG) w/ Cream Cheese Fresh Apples or Craisins Choice of Milk	French Toast Day! French Toast Sausage Hash Browns or String Cheese w/ Granola Bites Fresh Oranges or Craisins Choice of Milk	Oatmeal Friday! Hot Oatmeal or Cereal Bowl (WG) w/Graham Crackers Fresh Apples or Craisins Orange Juice Choice of Milk
17	18	19	20	21
Bagel Day! Bagel (WG) w/Cream Cheese or Muffin w/ Graham Crackers (WG) Fresh Apples or Craisins Orange Juice Choice of Milk	Pancake Day! Pancakes Sausage Patty or Cereal Bowl (WG) w/ Graham Crackers (WG) Fresh Oranges or Craisins Choice of Milk	Breakfast Burrito Day! Breakfast Burrito or Cereal Bowl (WG) w/ Graham Crackers (WG) Fresh Apples or Craisins Choice of Milk	Biscuits & Gravy! Biscuits (WG) & Country Gravy or English Muffin (WG) w/ Jam Fresh Oranges or Craisins Choice of Milk	Oatmeal Friday! Hot Oatmeal or Cereal Bowl (WG) w/Graham Crackers Fresh Apples or Craisins 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>

nutrition
corner

Pears



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

healthline.com

Breakfast is
free
for all students!
Everyday!

Juneau Schools
Nutrition



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

MARCH

Lunch

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JSD Pre K-8
March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<i>Chicken Drumsticks!</i> Chicken Drumstick Dinner Roll (WG) Mashed Potatoes Applesauce Choice of Milk	<i>Corn Dog Day!</i> Corn Dog Baked Beans Fresh Orange Slices Choice of Milk	<i>Chicken & Waffles!</i> Chicken & Waffles (WG) Green Beans Applesauce Choice of Milk	<i>BBQ Rib Sandwich!</i> BBQ Riblet Sandwich Sweet Potato Fries Fresh Apples Slices Choice of Milk	<i>Pizza Friday!</i> Pepperoni, Hawaiian, or Cheese Pizza Broccoli Pineapple Choice of Milk
10	11	12	13	14
<i>Chicken Sandwich Day!</i> Chicken Patty (WG) Bun (WG) Green Beans Applesauce Choice of Milk	<i>Quesadilla Day!</i> Chicken Quesadilla Refried Beans Fresh Orange Slices Choice of Milk	<i>Brunch for Lunch!</i> French Toast Tater Tots or Cereal Bowl (WG) w/ Graham Crackers (WG) Applesauce Choice of Milk	<i>Cheeseburger Day!</i> Cheeseburger Sweet Potato Fries Fresh Apples Slices Choice of Milk	<i>Pizza Friday!</i> Pepperoni, Hawaiian, or Cheese Pizza Broccoli Pineapple Choice of Milk
17	18	19	20	21
<i>Popcorn Chicken Day!</i> Popcorn Chicken w/ Orange Sauce Brown Rice (WG) Green Peas Applesauce Choice of Milk	<i>Taco Tuesday!</i> Beef Tacos Rice (WG) Refried Beans Fresh Orange Slices Choice of Milk	<i>Chicken & Waffles!</i> Chicken & Waffles (WG) Corn Applesauce Choice of Milk	<i>BBQ Rib Sandwich!</i> BBQ Riblet Sandwich Sweet Potato Fries Fresh Apples Slices Choice of Milk	<i>Pizza Friday!</i> Pepperoni, Hawaiian, or Cheese Pizza 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>
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Chicken Drumsticks!
Chicken Drumstick
Dinner Roll (WG)
Mashed Potatoes
Applesauce
Choice of Milk



NUTRITION CORNER

CARROTS
PACKED WITH VITAMIN A AND ALSO CONTAINS BETA CAROTENE, AN ANTIOXIDANT THAT PROVIDES THEIR ORANGE COLOR AND MAY HELP PREVENT CANCER



Juneau Schools Nutrition

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