




  
**December**  
**JCS BREAKFAST**  
 2024



| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|--|--|--|--|
| Fruit 2<br>Juice<br>Bacon & cheese on a bagel<br>Frosted Flakes<br>Toast<br>Jelly<br>Milk  | Fruit 3<br>Juice<br>Yogurt<br>Lucky Charms<br>Apple-cin.<br>Muffin<br>Milk   | Fruit 4<br>Juice<br>Breakfast Wrap<br>Golden Grahams<br>Toast<br>Jelly<br>Milk  | Fruit 5<br>Juice<br>Mini French toast<br>Syrup<br>Cocoa Roos<br>Toast/ Jelly<br>Milk   | Fruit 6<br>Juice<br>Egg & cheese on an English<br>Trix<br>English<br>Jelly<br>Milk  |
| Fruit 9<br>Juice<br>Bk. Pizza<br>Hash brown<br>Cocoa Roos<br>Toast/ Jelly<br>Milk  | Fruit 10<br>Juice<br>Fruit Smoothies<br>Lucky Charms<br>Toast<br>Jelly<br>Milk  | Fruit 11<br>Juice<br>Mini Cinnamon Rolls<br>Trix<br>Toast/ Jelly<br>Milk   | Fruit 12<br>Juice<br>Waffles<br>Syrup<br>Golden Grahams<br>Toast/ Jelly<br>Milk  | Fruit 13<br>Juice<br>Breakfast bowl<br>Frosted Flakes<br>Mixed berry<br>Muffins<br>Milk  |
| Fruit 16<br>Juice<br>Bk. Parfait<br>Orange Cin.<br>Muffins<br>Toast<br>Jelly<br>Milk  | Fruit 17<br>Juice<br>Pancakes<br>Syrup<br>Cocoa Roos<br>Toast/ Jelly<br>Milk   | Fruit 18<br>Juice<br>Sausage & cheese on a English muffin<br>Golden Grahams<br>English/ Jelly<br>Milk  | Fruit 19<br>Juice<br>Trix or Lucky Charms<br>Toast<br>Jelly<br>Milk  | Fruit 20<br>Juice<br>Bagel w/ cream cheese or WOW butter<br>Cereal<br>Toast/ Jelly<br>Milk   |
| 23<br>  | 24<br>  | 25<br>  | 26<br>   | 27<br>  |
| 30<br>  | 31<br>  |   |    | Fresh fruit and vegetables used<br><br>Price:<br>Students K-12 Free<br>Adult: \$3.00   |

**BREAKFAST MENU IS SUBJECT TO CHANGE WITHOUT NOTICE**





# DECEMBER

2024  
JCS LUNCH



| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|---|---|---|--|
| Chicken 2<br>Taquitos<br>Yellow rice<br>Raw veggies<br>Fruit<br>Milk<br><b>Dino-mite day</b> | Chicken 3<br>Caesar Salad<br>Rolls<br>Fruit<br>Milk<br>        | Hamburger 4<br>Gravy<br>Potatoes<br>Vegetables<br>Biscuits<br>Fruit<br>Milk                   | Chicken 5<br>Nuggets<br>French fries<br>Vegetables<br>Apple cin. Muffins<br>Fruit<br>Milk   | Tomato soup 6<br>Toasted cheese<br>Sandwich<br>Celery sticks<br>Fruit<br>Milk                  |
| Hamburger 9<br>On a bun<br>Am. Cheese<br>Pasta<br>Vegetables<br>Fruit<br>Milk                | Sweet & sour 10<br>Chicken<br>Rice<br>Vegetables<br>Garlic biscuits<br>Fruit<br>Milk  | Dorito nachos 11<br>Lettuce, tomatoes<br>Cheddar cheese<br>Blueberry Muffins<br>Fruit<br>Milk | Hot Turkey 12<br>Sandwich<br>Potatoes<br>Vegetables<br>Fruit<br>Milk<br> | Meatball sub 13<br>Baked chips<br>Carrot sticks<br>Fruit<br>Milk                               |
| Baked chicken 16<br>Potatoes<br>Gravy<br>Vegetables<br>Bread sticks<br>Fruit<br>Milk         | Chili 17<br>Corn muffins<br>Raw veggies<br>Fruit<br>Milk<br> | Cheese pizza 18<br>Pepperoni pizza<br>Vegetables<br>Choc. Chip<br>Muffins<br>Fruit<br>Milk    | Hot dog on a 19<br>Bun<br>Mac & cheese<br>Vegetables<br>Fruit<br>Milk   | French toast 20<br>Scrambled eggs<br>Sausage<br>Sweet potatoes<br>Apple Juice<br>Fruit<br>Milk |
|           |   |           |   |           |
|           |    | <b>Sandwiches &amp; Salads are made daily as part of the lunch options</b>                    | <b>All bread products are whole grain enriched Nondairy and Gluten Free options available</b>   | <b>Juice is offered daily along with fruit for grades 9-12</b>                                 |

**Lunch menu subject to change without notice**

