





January
 JCS BREAKFAST coloringpage.com



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fresh fruit and vegetables used 	Price: Students K-12 Free Adult: \$3.00 	1 	2 	3 
Fruit Juice 6 Mini Pancakes Syrup Cereal Toast/ Jelly Milk	Fruit Juice 7 Bacon & cheese on a bagel Cereal Toast/ Jelly Milk	Fruit Juice 8 Yogurt Cereal Muffin Milk	Fruit Juice 9 Cheddar omelet Cereal English Jelly Milk	Fruit Juice 10 Waffles Syrup Cereal Toast/ Jelly Milk
Fruit 13 Juice Egg Bk. bowl Cereal Toast Jelly Milk	Fruit Juice 14 Fruit Smoothies Cereal Muffins Milk	Fruit Juice 15 Bk. Pizza Hash brown Cereal Toast/ Jelly Milk	Fruit Juice 16 Choice of Cereal Toast Jelly Milk	Fruit Juice 17 Bacon Bk. Sandwich Cereal English / Jelly Milk
	Fruit Juice 21 Pancakes Syrup Cereal Toast/ Jelly Milk	Fruit Juice 22 Scrambled eggs Hash brown Cereal Toast / Jelly Milk	Fruit Juice 23 Bk. Parfait Cereal Muffin Milk	Fruit/ Juice 24 Bagel w/ cream cheese or WOW butter Cereal English/ Jelly Milk
Fruit Juice 27 French Toast Syrup Cereal Toast/ Jelly Milk	Fruit Juice 28 Breakfast Pizza Hash Brown Cereal Toast/ Jelly Milk	29	Fruit Juice 30 Bacon & cheese on a bagel Cereal English / Jelly Milk	Fruit Juice 31 Veggie omelet Cereal Muffins Milk

BREAKFAST MENU IS SUBJECT TO CHANGE WITHOUT NOTICE



JANUARY

JCS LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All bread products are whole grain enriched Nondairy and Gluten Free options available	Juice is offered daily along with fruit for grades 9-12 Sandwiches & Salads are made daily as part of the lunch options		 2	 3
Pizza Casserole 6 Vegetable Rolls Fruit Milk <u>Dino-mite day</u>	Hamburg 7 Gravy Potatoes Vegetables Corn muffins Fruit Milk	Chicken Fajita 8 Rice Refried beans Fruit Milk	Hot Ham and Cheddar Sub 9 Wedges Vegetables Fruit Milk	Salad with Honey Mustard chicken Muffins Fruit Milk 10
Hamburger 13 On a bun Am. Cheese Wedges Vegetables Fruit Milk	Popcorn 14 Chicken Rice Vegetables Fruit Milk	Tacos 15 L,T French fries Rice Fruit Milk	Chicken gravy 16 Potatoes Vegetables Biscuits Fruit Milk	Spaghetti with Meatballs Vegetables Muffins Fruit Milk 17
	Bacon cheese Dreams Wedges Vegetables Fruit Milk 21	Chicken Nuggets Rice Vegetables Muffins Fruit Milk 22	Cheese or Sausage pizza Vegetables Muffins Fruit Milk 23	Hot dog on a Bun Tots Vegetables Fruit Milk 24
Chicken patty 27 On a bun Rice Vegetables Fruit Milk	Tomato Soup 28 Toast cheese Sandwich Vegetables Fruit Milk	29	Italian dunkers 30 Pasta Vegetables Fruit Milk	Popcorn 31 Chicken Wedges Vegetables Muffins Fruit Milk

Lunch menu subject to change without notice