





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fresh fruit and				Fruit 1
vegetables used				Juice
_			00	Sausage gravy &
Price:	00	***	600	biscuits
Students K-12				Cereal
Free	a See A			Toast/ Jelly
Adult: \$3.00	1十	7-4		Milk
Fruit 4	Fruit 5	Fruit 6	Fruit 7	Fruit 8
Juice	Juice	Juice	Juice	Juice
Egg & cheese on	Yogurt	Waffles	Bacon & cheese	Mini Cinnamon
an English	Cereal	Syrup	on a bagel	rolls
Cereal	Muffin Muffin	Cereal	Cereal	Cereal
English/ Jelly	Milk	Toast/ Jelly	English/ Jelly	Toast/ Jelly
Milk		Milk	Milk	Milk
11	Fruit 12	Fruit 13	Fruit 14	Fruit 15
	Juice	Juice	Juice	Juice 🗼 🧥
	Bk. Pizza	Bk. Parfait	Veggie Omelet	French toast
THANK YOU	Hash brown	Cereal	Cereal	Syrup
VETERANS	Cereal	Toast	Muffin	Cereal
FOR YOUR	Toast/ Jelly	Jelly	Milk	Toast/ Jelly
SERVICE	Milk	Milk		Milk
Fruit 18	Fruit/ Juice 19	Fruit 20	Fruit 21	Fruit 22
Juice	Bagel w/ cream	Juice	Juice	Juice
Choice of cereal	cheese or WOW	Pancakes	Fruit Smoothies	Bacon breakfast
Toast Market	butter	Syrup	Cereal	Sandwich
Jelly	Cereal	Cereal	Muffins	Cereal
Milk	Toast/ Jelly	Toast/ Jelly	Milk	English/ Jelly
	Milk	Milk		Milk
Fruit 25	Fruit 26			
Juice	Juice			
Scrambled eggs	Breakfast pizza			
Cereal	Hash brown	THA	TUKSCI	VING
Muffins	Cereal		BREAK	
Milk	Toast/ Jelly	N	SCHOO	
	Milk	NO.	VEMBER 27	-29

BREAKFAST MENU IS SUBJECT TO CHANGE WITHOUT NOTICE









JCS LUNCH

			Total Control of the	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All bread products	Sandwiches &	Juice is offered daily	12 12 m	General Tso or 1
are whole grain	Salads are made	along with fruit for		Sweet & sour chicken
enriched	daily as part of	grades 9-12		with
Nondairy and	the lunch options			Roman noodles
Gluten Free				Mixed vegetable
options				Rolls
available			24 16 20 16	Milk
			noos Or	Dino-mite day
Hot dog on a 4	Chicken patty 5	Tacos ,L,T, 6	Chef Salad 7	Cheese or 8
Bun	On a bun	French fries	Bread sticks	Pepperoni pizza
Michigan sauce	Couscous	Rice	Fruit	Vegetables
Potato wedges	Vegetables	Fruit	Milk	Muffins
Vegetables	Fruit	Milk		Fruit
Fruit	Milk			Milk
Milk				
And It	Hot chicken 12	Italian 13	Popcorn 14	Hamburger 15
DAME.	wraps w/ cheese	Dunkers		Gravy
TARRAND	Rice	Pasta	Chicken	Potatoes
	Vegetables	Vegetables	Potato wedges	Vegetables
V 5% DAY S	Fruit	Fruit Milk	Vegetables	Biscuits Fruit
ON NO	Milk	IVIIIK	Muffins	Milk
HOND ALL TO THE DE			Fruit	IVIIIK
WHO (SERVED)			Milk	X_ 81
Hot ham 18	Hamburger 19	Roast Turkey 20	Meatball subs 21	Chicken 22
& cheddar sub	On a bun	Stuffing/Potatoes	Baked chips	Nuggets
Smiley fries	Am. Cheese	Vegetables	Vegetables Vegetables	Rice
Vegetables	Seasoned pasta	Cranberry sauce	Fruit	Vegetables
Fruit	Vegetables	Fruit	Milk	Muffins
Milk	Fruit	Rolls		Fruit
	Milk	Milk		Milk
Hot dog on a 25	Cheese 26	27	28	29
Bun	Vegetables	Happy T	hanksgivir	ng Break!
Michigan sauce	Muffins			W W
Tater tots	Fruit			
Vegetables	Milk	ALT -		
Fruit				
Milk				





