






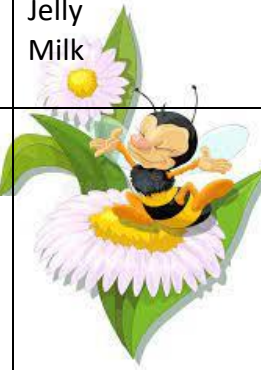








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## JCS BREAKFAST 2023










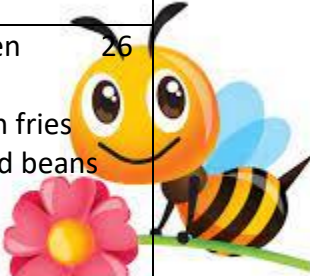




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Juice 1 Fruit Veggie Omelet Cereal Muffin Milk 	Juice 2 Fruit Bacon & cheese on a bagel Cereal Toast/ Jelly Milk	Juice 3 Fruit Waffles Syrup Cereal Toast/ Jelly Milk	Juice 4 Fruit Parfait Cereal Toast Jelly Milk 	Juice 5 Fruit Breakfast pizza Hash browns Cereal English / Jelly Milk
Juice 8 Fruit Mini French tst. Syrup Cereal Toast/ Jelly Milk 	Juice 9 Fruit Sausage, egg, Ch. sandwich Cereal English/ Jelly Milk	Juice 10 Fruit Smoothie Cereal Muffin Milk 	Juice 11 Fruit Pancakes Syrup Cereal Toast/ Jelly Milk	Juice 12 Fruit Scrambled eggs Cereal Toast Jelly Milk 
Juice/ Fruit 15 Bagel w/ cream cheese or Sun butter Cereal Toast/ Jelly Milk	Juice 16 Fruit Yogurt Cereal Muffins Milk 	Juice 17 Fruit Breakfast pizza Hash browns Cereal Toast/ Jelly Milk	Juice 18 Fruit Mini Waffles Syrup Cereal Toast/ Jelly Milk	Juice 19 Fruit Cheese Omelet Cereal English Jelly Milk
Juice 22 Fruit Parfait Cereal Muffin Milk 	Juice 23 Fruit Pancakes Syrup Cereal Toast/Jelly Milk	Juice 24 Fruit Bacon & cheese on a bagel Cereal Toast/ Jelly Milk	Juice 25 Fruit Choice of cereal Toast Jelly Milk 	Juice 26 Fruit French toast Syrup Cereal Toast/Jelly Milk 
 29	Juice 30 Fruit Bacon breakfast Wrap Cereal Toast / Jelly Milk	Juice 31 Fruit Smoothie Cereal Muffin Milk 		Fresh fruit and vegetables used  Price: Students K-12 Free Adult: \$2.75

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





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken patty 1 On a bun French fries Vegetables Fruit Milk 	Special 2 Macaroni & Ch. Carrots Muffins Strawberries Milk <b>Wild About Lunch Pre-K</b>	Hot dog 3 On a bun Michigan sauce French fries Vegetables Fruit Milk	Fried rice 4 With bacon Muffins Fruit Milk 	Cheese or 5 Taco pizza Vegetables Muffins Fruit Milk 
Hamburger 8 On a bun French fries Vegetables Fruit Milk 	Tomato soup 9 Toasted cheese Vegetables Fruit Milk 	Chicken 10 Nuggets Rice Vegetables Muffins Fruit Milk	Chef salad 11 Bread sticks Fruit Milk 	It. Dunkers 12 Pasta Vegetables Fruit Milk 
Popcorn 15 Chicken Rice Vegetables Muffins Fruit Milk	Taco 16 L, T French Fries Rice Fruit Milk	Chicken 17 Caesar Salad Breadsticks Fruit Milk 	Alfredo or 18 Spaghetti sauce Pasta Vegetables Biscuits Fruit Milk	Cheese or 19 Pepperoni pizza Vegetables Muffins Fruit Milk
Hot dog 22 On a bun Macaroni & Ch. Vegetables Fruit Milk 	Meatball 23 Sub Baked chips Vegetables Fruit Milk	Chicken patty 24 On a bun Rice Vegetables Fruit Milk	Hamburger 25 On a bun Am. Cheese French fries Vegetables Fruit Milk	Chicken 26 Fajita French fries Refried beans Fruit Milk 
29 	Tomato soup 30 Toasted cheese Vegetables Fruit Milk	Cheese 31 Pizza Vegetables Muffins Fruit Milk 	Sandwiches & Salads are made daily as part of the lunch options Nondairy and Gluten Free options available	Juice is offered daily along with fruit for grades 9-12  All bread products are whole grain enriched

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

