



JANUARY | 2023

JMES BREAKFAST MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 NO CLASSES	3 Assorted Muffins Fruit or Juice Milk	4 Biscuits and Gravy Fruit or Juice Milk	5 Pancakes Fruit or Juice Milk	6 French Toast Fruit or Juice Milk
9 Apple Frudel Fruit or Juice Milk	10 Waffles w/ Syrup Fruit or Juice Milk	11 Breakfast Sandwich Fruit or Juice Milk	12 Cinnamon Sugar Donut Fruit or Juice Milk	13 Assorted Muffins Fruit or Juice Milk
16 M.L.K. Observance Day No Classes	17 French Toast Fruit or Juice Milk	18 Biscuits and Gravy Fruit or Juice Milk	19 Pancake Sausage Stick Fruit or Juice Milk	20 Apple Frudel Fruit or Juice Milk
23 Cinnamon Roll Fruit or Juice Milk	24 Waffles w/ Syrup Fruit or Juice Milk	25 Cinnamon Sugar Donut Fruit or Juice Milk	26 Breakfast Sandwich Fruit or Juice Milk	27 Assorted Muffins Fruit or Juice Milk
30 Pancakes Fruit or Juice Milk	31 Apple Frudel Fruit or Juice Milk	1	2	3

Breakfast - \$1.50
Reduced - .30

Lunch - \$2.60
Reduced - .30

Milk - .50
(served with every meal)

Extra Milk, Water Bottles, and Snacks are available to Purchase.

Entrée Substitutions
PB&J Uncrustables,
Yogurt and String Cheese, or Salad.

No Charging Allowed for JMES Students.

Menu subject to change.

This is an Equal Opportunity Provider.