



JANUARY | 2024

Grades 7-12

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1</p> <p>Happy New Year</p>	<p>2</p> <p>Teacher Work Day</p>	<p>3</p> <p>Breakfast 2Ct. Poptart Fruit Milk Fruit Juice Lunch Chicken Tenders/W.W. Roll Mashed Potatoes Peas Milk Fruit</p>	<p>4</p> <p>Breakfast Cinnamon Pull Apart Fruit Milk Fruit Juice Lunch Sliced Pizza Green Beans Corn Milk Fruit</p>	<p>5</p> <p>Breakfast Sausage Biscuit Fruit Milk Fruit Juice Lunch Hamburger or Hot Dog/Chili Lettuce/Tomato/Onion/Pickle French Fries Baked Beans Milk Fruit</p>
<p>8</p> <p>Breakfast Dutch Waffle Fruit Milk Fruit Juice Lunch Chicken or Pork Rib Sandwich Lettuce/Tomato/Onion/Pickle French Fries Glazed Carrots Milk Fruit</p>	<p>9</p> <p>Breakfast Breakfast Pizza Fruit Milk Fruit Juice Lunch Grilled Cheese or Orange Chicken/W.W. Roll Tiny Whole Potatoes Steamed Broccoli Milk Fruit</p>	<p>10</p> <p>Breakfast Bacon & Egg Biscuit Fruit Milk Fruit Juice Lunch Pork BBQ or Spicy Chicken Sandwich California Blend French Fries Milk Fruit</p>	<p>11</p> <p>Breakfast I.W. Pancakes Fruit Milk Fruit Juice Lunch Corn Dog Nuggets or Turkey Cheese Sub Macaroni & Cheese Baked Beans Milk Fruit</p>	<p>12</p> <p>Breakfast Chicken Biscuit Fruit Milk Fruit Juice Lunch Sliced Pizza Green Beans Corn Fruit Milk</p>
<p>15</p> <p>Martin Luther King Day</p>	<p>16</p> <p>Breakfast Cinnamon Roll Fruit Milk Fruit Juice Lunch Sliced Turkey/Gravy or Sliced Ham W.W. Roll Sweet Potatoes Milk Fruit</p>	<p>17</p> <p>Breakfast Sausage Biscuit Fruit Milk Fruit Juice Lunch Spaghetti/Meat Sauce/ 1 Mozz Breadstick or PB & J/ String Cheese Green Beans Milk Fruit</p>	<p>18</p> <p>Breakfast I.W. Breakfast Bread Fruit Milk Fruit Juice Lunch Chicken Drumstick or Thigh W.W. Roll Broccoli Mashed Potatoes Milk Fruit</p>	<p>19</p> <p>Breakfast Bacon & Egg Biscuit Fruit Milk Fruit Juice Lunch Hamburger or Hot Dog/Chili Lettuce/Tomato/Onion/Pickle French Fries Baked Beans Milk Fruit</p>
<p>22</p> <p>Breakfast Breakfast Pizza Fruit Milk Fruit Juice Lunch Popcorn Chicken/W.W. Roll Mashed Potatoes Steamed Broccoli Milk Fruit</p>	<p>23</p> <p>Biscuit 2 Ct. Poptart Fruit Milk Fruit Juice Lunch Spicy Chicken or Pork Rib Sandwich Fries Lettuce/Tomato/Onion/Pickle Green Beans Milk Fruit</p>	<p>24</p> <p>Breakfast Chicken Biscuit Fruit Milk Fruit Juice Lunch Beef Teriyaki Nuggets or Orange Chicken W.W. Roll Mashed Potatoes Peas Milk Fruit</p>	<p>25</p> <p>Breakfast Cinnamon Pull Apart Fruit Milk Fruit Juice "Taco in a Bag" or Cheese Quesadilla Lettuce/Tomato Salsa Cup Black Beans Shredded Cheese Corn Milk Fruit</p>	<p>26</p> <p>Breakfast Sausage Biscuit Fruit Milk Fruit Juice Lunch Sliced Pizza Corn Green Beans Milk Fruit</p>
<p>29</p> <p>Breakfast Dutch Waffle Fruit Milk Fruit Juice Lunch Chicken Tenders/W.W. Roll Mashed Potatoes 5 Way Mixed Vegetables Milk Fruit</p>	<p>30</p> <p>Breakfast Cinnamon Roll Fruit Milk Fruit Juice Lunch Grilled Cheese or Orange Chicken/W.W. Roll Tiny Whole Potatoes Green Beans Milk Fruit</p>	<p>31</p> <p>Breakfast Chicken Biscuit Fruit Milk Fruit Juice Lunch Pork BBQ or Spicy Chicken Sandwich French Fries California Blend Milk Fruit</p>	<p>1</p>	<p>2</p>

News

Breakfast and Lunch offered at No Cost.

Cereal Variety/Cereal Bar offered Daily at Breakfast

Tossed Salad offered at JCMS Daily.
Salad Bar offered Daily at JCHS.

Fresh and/ or Canned Fruit offered Daily.

JCMS gets first entrée offered.

Milk Offered:
1 % White
1% Chocolate

Menus Subject to Change.

This institution is an equal opportunity provider.