



Check Out "My School Bucks" for online account payments w/ No Fees!

Easy, Smart, Secure!

Fully Stocked Salad Bar And Assorted Fruits Choice of Milk with every Meal 1% & Skim White & Fat Free Flavored WG=whole grain / LTO=lettuce, tomato, onion Menu Subject to Change

Featured Specials of the Day

Monday, January 5

Crisp Corn Dog Or Meatballs in Cheese Sauce Or Assorted Pizza; Creamy Sweet Potatoes or Sweet Potato Fries; Mixed Vegetables; "Buttered' WG Bread

Tuesday, January 6

Chicken Tenders Or Sliced Turkey w/ gravy Or Boxed Fresh Chef Salad w/ Crackers Creamy Mashed Potatoes Seasoned Green Beans Fresh Baked Wheat Rolls

Wednesday, January 7

Assorted Pizza Wedge Or Fresh Baked Stromboli Or Specialty Sandwich w/LTO; Crisp French Fries Hot Vegetable of Choice

Thursday, January 8

Beef Chili Beans w/cheese with Baked "Tostitos" Scoops Or NEW! *Chicken Quesadilla* Or Specialty Wrap w/LTO Golden Corn

Friday, January 9

NEW! Crispy Fish Bites Or Assorted Pizza Wedges Or Specialty Sandwich w/ LTO; Pinto Beans; Steamed Broccoli 100% Fruit/Veggie Juice Free Friday Cookie

Featured Specials of the Day

Monday, January 12

Cheeseburger/ WG Bun Or Crispy Chicken Fillet/ WG Bun Or Assorted Pizza; Crisp Potato Wedges; Seasoned Green Beans

Tuesday, January 13

Chicken Fajita, Brown Rice Or Sliced Turkey w/ Gravy Or Boxed Fresh Chef Salad w/ Crackers Mixed Vegetables; Golden Corn Fresh Baked Wheat Roll

Wednesday, January 14

Cheesy Pizza Sticks w/ Marinara Sauce
Or NEW! Spicy Beef & Bean Burritos
Or Specialty Sandwich w/ LTO
Crispy Potato Tots
Hot Vegetable of Choice

Thursday, January 15

Spaghetti w/ Meat Sauce Or Honey BBQ Rib/ WG Bun Or Specialty Wrap w/ LTO Turnip Greens Soft Garlic Breadstick

Friday, January 16

Hot Dog/ WG Bun Or Meatballs w/ Cheese/ WG Bun Or Assorted Pizza Wedges; Home-Style Baked Beans Crisp French Fries; Crunchy Cole Slaw 100% Fruit/Veggie Juice Free Friday Cookie

Featured Specials of the Day

Monday, January 19
MLK Jr. Holiday
No School

Tuesday, January 20

Chicken Fillet/ WG Bun Or Texas BBQ/ WG Bun Or Boxed Fresh Chef Salad w/ Crackers Crisp "Tater Tots" Steamed Fresh Cabbage

Wednesday, January 21

Cheesy Pizza Sticks w/ Marinara Sauce
Or Fresh Baked Stromboli Or
Specialty Sandwich w/LTO;
Crisp French Fries
Mixed Vegetables

Thursday, January 22

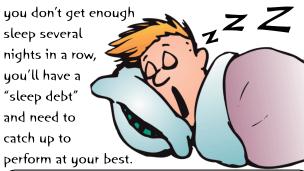
Fresh Chicken Vegetable Soup with Toasted Goldfish Cheese Sandwich Or Deli Sandwich; Baked Fresh Potato

Friday, January 23

NEW! Crispy Fish Bites Or Assorted Pizza Wedges Or Specialty Sandwich w/ LTO; Creamy Sweet Potatoes; Steamed Broccoli 100% Fruit/Veggie Juice Free Friday Cookie

SWEET DREAMS.

Most adults need 7-8 hours of sleep a day, but infants need 16 and teens still need at least 9. If



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!



NUTRITION 7050

Trying to cut down on added sugar? You might think that foods like pastry would be a good place to start. And you'd be right. A large cinnamon bun from a national chain has 59 grams of added sugar (double the maximum recommended daily amount). But a 44-oz. fountain soda contains 128 grams -- more than twice as much added sugar as the cinnamon bun!



Featured Specials of the Day

Monday, January 26

Hot Dog/ WG Bun Or Meatballs w/ cheese/ WG Bun Or Assorted Pizza; Crisp Potato Wedges; Crunchy Cole Slaw

Tuesday, January 27

Chicken Tenders Or Turkey and Gravy Or Boxed Fresh Chef Salad w/ Crackers Mashed Potatoes; Green Beans Fresh Baked Wheat Roll

Wednesday, January 28

Assorted Pizza Wedges
Or NEW! Spicy Beef & Bean Burritos
Or Turkey/ Cheese Sandwich w/ LTO
Oven Roasted Red Potatoes &
Fresh Baby Carrots

Thursday, January 29

House Made Chicken Salad/
WG Croissant Or
Honey BBQ Rib/ WG Bun Or
Deli Meats/cheese Wrap w/ LTO
Baked Fresh Sweet Potato
Broccoli w/ cheese

Friday, January 30

Turkey Taco/ WG Shell
w/ cheese, let, tom.
Or Meatballs w/ Cheese/ WG Bun
Or Assorted Pizza Wedges;
Pinto Beans, Golden Corn
100% Fruit/Veggie Juice
Free Friday Cookie