

January MENU

2019

Tips for Healthy Holiday Eating

1. Don't skip meals. Before leaving for a party, eat a light snack like raw vegetables or a piece of fruit to curb your appetite. You will be less tempted to over-indulge.

2. Eat until you are satisfied, not stuffed. Savor your favorite holiday treats while eating small portions. Sit down, get comfortable, and enjoy.
















3. Plan time for exercise. Exercise helps relieve holiday stress and prevent weight gain.

LUNCH

Students must select A minimum 1/2 cup fruit and /or vegetable combination And 2 more menu components. They may also select all menu items if desired.

Paid \$2.75
Reduced \$.40

THIS INSTITUTION IS AN EQUAL

Mon	Wed	Thu	Fri
<p>Make payments online, at www.mymealtime.com</p> 	<p>2</p>	<p>3</p>	<p>4</p>
<p>Nachos 7 Cheese Stick Veggie Fruit Choice of Milk</p>	<p>Breakfast 4 Lunch 8 Pancakes w/Syrup Sausage Veggie Fruit Choice of Milk</p> 	<p>Happy B-Day!!!! BBQ Chicken 9 Bun Veggie Fruit Cookie Choice of Milk</p> 	<p>Spaghetti 10 Meat Sauce Dinner Roll Veggie Fruit Choice of Milk</p> 
<p>Tyson Chicken Nuggets 14 Goldfish Veggie Fruit Ketchup Choice of Milk</p> 	<p>Taco Tuesday!! 15 Soft Flour Tortilla stuffed w/Beef Taco meat Veggie Fruit Choice of Milk</p> 	<p>Corn Dog 16 Veggie Fruit Ketchup Choice of Milk</p> 	<p>Chicken Pot Pie 17 Veggie Fruit Choice of Milk</p> 
<p>MARTIN LUTHER KING JR. 21 1929 1968</p> 	<p>Nachos 22 Cheese stick Veggie Fruit Choice of Milk</p>	<p>Breakfast 4 Lunch 23 Pancakes w/Syrup Sausage Veggie Fruit Choice of Milk</p> 	<p>Spaghetti 24 Meat Sauce Dinner Roll Veggie Fruit Choice of Milk</p> 
<p>Tyson Chicken Nuggets 28 Goldfish Veggie/Fruit Ketchup Choice of Milk</p> 	<p>Taco Tuesday!! 29 Soft Flour Tortilla stuffed w/Beef Taco meat Veggie/Fruit Choice of Milk</p> 	<p>Corn Dog 30 Veggie Fruit Ketchup Choice of Milk</p> 	<p>Chicken Pot Pie 31</p> 

Days with nut products in the menu will be displayed with:



description of the nut will be on the days menu, please call the central kitchen at 847-9666 if further information is needed.