

Menus for January 2018

Johnson City



This institution is an equal opportunity provider. Menus are subject to change.

*Happy New Year
and Welcome Back!
We hope you enjoyed
your break!*

Thursday, January 4

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Breaded Chicken Sandwich

Choose 1 from:
Assorted Fruit, OJ

Choose 1-2 from:
Waffle Fries, Assorted Veggies

AfterSchool Snack
Grab and Go Choices

Friday, January 5

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Pizza

Choose 1 from:
Assorted Fruit, Juice

Choose 1-2 from:
Green Beans, Assorted Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Monday, January 8

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Cheese Breadsticks w
Marinara Dipping Cup
Choose 1 from:
Assorted Fruit, Juice
Choose 1-2 from:
Steamed Broccoli,
Assorted Veggies, Leafy
Green Salad

AfterSchool Snack
Grab and Go Choices

Tuesday, January 9

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Egg/Cheese Omelet
Fresh-baked Cinnamon Roll
Choose 1 from:
Fruit, Cooked Apples
Choose 1-2 from:
EMOJI SMILE Potatoes,
Assorted Veggies, Leafy
Green Salad

AfterSchool Snack
Grab and Go Choices

Wednesday, January 10

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Hot Dog w trimmings
Doritos
Choose 1 from:
Assorted Fruit, Juice
Choose 1-2 from:
Baked Beans, Slaw,
Assorted Veggies, Leafy
Green Salad

AfterSchool Snack
Grab and Go Choices

Thursday, January 11

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Chicken and Waffles
Syrup
Choose 1 from:
Assorted Fruit, OJ
Choose 1-2 from:
Glazed Carrots, Assorted
Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Friday, January 12

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Mini Taco w Cheese
Mexican Rice, Salsa
Choose 1 from:
Assorted Fruit, Sorbet
Choose 1-2 from:
Corn, Assorted Veggies,
Leafy Green Salad

AfterSchool Snack
Grab and Go Choices



Make MyTray Healthy!

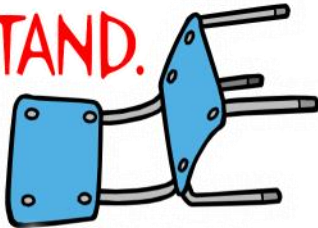
All School Meal Customers Must Choose:

**1 Juicy Fruit OR
1 Colorful Vegetable**

**& 2-4 Additional Different
Food Group Choices**

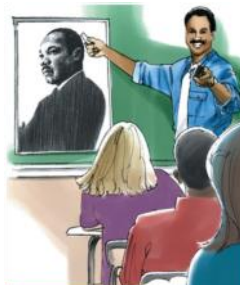
TAKE A STAND.

On average, adults over 45 sit for over 12 of 16 waking hours. Kids aged 8-18 sit for 4.5 hours a day at school - and average another 7 hours of total screen time the rest of the day. Health experts say we should stand much more at work and school and try not to sit for more than 30 minutes at a stretch.



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

Monday, January 15



*School will be closed
Monday, January 15
in recognition of
Martin Luther King, Jr.'s
birthday.*

Tuesday, January 16

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Go-gurt, Turkey Stick,
Cheese Stick
Animal Crackers
Choose 1 from:
Apple Wedges, Juice
Choose 1-2 from:
Baby Carrots

AfterSchool Snack
Grab and Go Choices

Wednesday, January 17

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

BBQ on Bun **OR** Turkey
Burger
Choose 1 from:
Fruit, Cooked Apples
Choose 1-2 from:
Baked Beans, Slaw,
Assorted Veggies, Leafy
Green Salad
Mini Rice Krispie Treat

AfterSchool Snack
Grab and Go Choices

Thursday, January 18

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Turkey Pot Pie
Mini-Cupcake
Choose 1 from:
Assorted Fruit, Sorbet
Choose 1-2 from:
Steamed Broccoli,
Assorted Veggies, Leafy
Green Salad

AfterSchool Snack
Grab and Go Choices

Friday, January 19

Breakfast

Breakfast Choices
Fruit, Juice, Milk

Lunch

Homemade Sausage Pizza
Choose 1 from:
Assorted Fruit, OJ
Choose 1-2 from:
Green Beans, Assorted
Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices