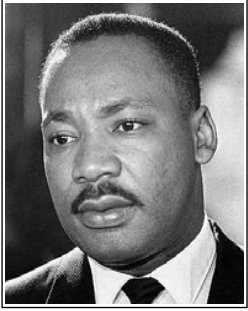


Monday, January 16



School will be closed today in honor of the birthday of Martin Luther King, Jr.

Tuesday, January 17

Breakfast
Cinnamon Roll
Assorted Cereal
Juice, Milk

Lunch
Pizza

Choose 2 from:
Steamed Broccoli, Salad Bar, Assorted Fruit, Juice
Served with All Meals:
Milk

Educare Snack:
Cereal Bar, Milk

Wednesday, January 18

Breakfast
Egg/Cheese Muffin
Assorted Cereal
Juice, Milk

Lunch
BBQ Pork/Bun **OR** Slider
Burger/Bun
Soft Pretzel
Baked Beans

Choose 2 from:
Corn/Carrot Mix, Salad Bar, Assorted Fruit, Juice
Served with All Meals:
Milk

Educare Snack:
Chicken Patty mini, Juice

Thursday, January 19

Breakfast
Oatmeal Bar, Fixings
Toast/jelly
Juice, Milk

Lunch
Beef Stew
Soft Pretzel

Choose 2 from:
Slaw, Fruited Jello, Salad Bar, Assorted Fruit, Juice
Served with All Meals:
Milk

Educare Snack:
Ham/Cheese mini, Juice

Friday, January 20

Breakfast
Blueberry Muffin
Assorted Cereal
Juice, Milk

Brunch for Lunch
Cheese Omelet
French Toast Sticks

Choose 2 from:
Cooked Apples, Potato Rounds, Salad Bar, Assorted Fruit, Juice
Served with All Meals:
Milk

Educare Snack:
Soft Pretzel, Juice

PAY NO ATTENTION TO THAT BIRD!



The clock has not run out!
We accept applications for free and reduced-price meals all year long.
It's never too late!

Get in touch with us today to learn more about free and reduced-price meals in Johnson City Schools:
423-434-5228 or mcsaheyk@jcschools.org

Monday, January 23

Breakfast
Yogurt
Assorted Cereal
Juice, Milk

Chinese New Year Lunch

Oriental Beef
Rice, Eggroll
Choose 2 from:
Steamed Broccoli, Salad Bar, Assorted Fruit, Juice

Served with All Meals:
Milk, Fortune Cookie
Educare Snack:
Turnover, Milk

Tuesday, January 24

Breakfast
Scrambled Egg
Assorted Cereal
Juice, Milk

Lunch
Hot Ham/Cheese **OR**
Toasted Cheese Sandwich,
Pretzels

Choose 2 from:
Cooked Apples, Salad Bar, Assorted Fruit, Juice
Served with All Meals:
Milk

Educare Snack:
Slider Burger, Juice

Wednesday, January 25

Breakfast
Cinnamon Biscuit
Assorted Cereal
Juice, Milk

Lunch
Sloppy Joe
Baked Chips

Choose 2 from:
Baked Sweet Potato, Fruited Jello, Salad Bar, Fresh Fruit, Juice
Served with All Meals:
Milk

Educare Snack:
Cheese, Apples, Juice

Thursday, January 26

Breakfast
French Toast Sticks, syrup
Assorted Cereal
Juice, Milk

Lunch
Roast Pork, Gravy
Homemade WW Roll

Choose 2 from:
Whole Potatoes, Salad Bar, Assorted Fruit, Juice
Served with All Meals:
Milk

Educare Snack:
Small Pizza, Juice

Friday, January 27

Breakfast
Cereal Bar
Assorted Cereal
Juice, Milk

Lunch
Beef and Cheese Fajita,
Salsa, Beans and Rice

Choose 2 from:
Corn, Salad Bar, Assorted Fruit, Juice
Served with All Meals:
Milk

Educare Snack:
Yogurt, Graham Snack

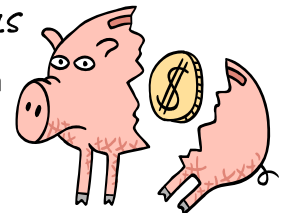
What goes up keeps going up.

With apologies to Sir Isaac Newton and the laws of physics, we're here to tell you that gravity does not apply to healthy eating. When kids "eat up," their health goes up, their energy goes up, and their grades go up, too. Because when kids regularly eat balanced, nutritious meals, they pay better attention in class, participate more, and even score better on tests. We try to do our part by providing healthy meals at school, including free and reduced-price meals for families who qualify. Convenient, economical, healthy School Meals. Eat up!

School Meals
We serve education every day™

SCHOOL MEALS ARE
PAY-AS-YOU-EAT
OR PRE-PAID.

KEEP MONEY IN
YOUR SCHOOL MEALS
ACCOUNT.
www.myschoolbucks.com



Monday, January 30

Breakfast
Fruit Turnover
Assorted Cereal
Juice, Milk

Lunch
Hamburger **OR** Chicken
Patty, trimmings

Choose 2 from:
Sweet Potato Tots, Salad Bar, Assorted Fruit, Juice
Served with All Meals:
Milk

Educare Snack:
Cheese Breadstick, Marinara, Juice

Tuesday, January 31

Breakfast
Cinnamon Roll
Assorted Cereal
Juice, Milk

Lunch
Pasta with Meat Sauce,
Cheese Bread Stick

Choose 2 from:
Green Beans, Salad Bar, Assorted Fruit, Juice
Served with All Meals:
Milk

Educare Snack:
Cereal Bar, Milk



The Chinese New Year begins with the new moon on January 23. 2012 is the year of the Dragon.