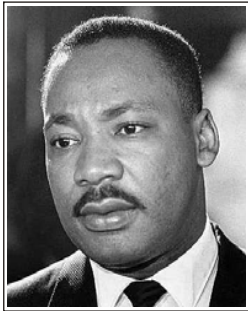


Monday, Jan. 18



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

Tuesday, Jan. 19

Breakfast
Cheese Toast
Assorted Cereal
Juice, Milk

Lunch—Choice of 1
Steak Biscuit, Yogurt
OR Egg/Cheese Biscuit,
Yogurt

Choose 2 from:
Tossed Salad, Assorted
Fruit, Juice

Served with All Meals:
Milk

Educare Snack:
Animal Crackers, Milk

Wed., Jan. 20

Breakfast
Steak Biscuit
Assorted Cereal
Juice, Milk

Lunch
Turkey Noodle Soup,
Ham mini-Sub, trimmings,
Frito Lay Chips

Choose 2 from:
Tossed Salad, Assorted
Fruit, Juice

Served with All Meals:
Milk

Educare Snack:
Cheese, Crackers, Juice

Thursday, Jan. 21

Breakfast
French Toast Sticks, syrup
Assorted Cereal
Juice, Milk

Lunch—Choice of 1
Pasta/Meat sauce/Cheese
Bread Stick **OR** BBQ
Sandwich, Slaw

Choose 2 from:
Steamed Broccoli, Tossed
Salad, Assorted Fruit, Juice

Served with All Meals:
Milk

Educare Snack:
Chicken Biscuit, Juice

Friday, Jan. 22

Breakfast
Muffin
Assorted Cereal
Juice, Milk

Brunch for Lunch
Egg/Cheese Omelet
Pancakes, syrup

Choose 2 from:
Potato Rounds, Cooked
Apples, Juice

Served with All Meals:
Milk

Educare Snack:
Cereal, Milk

Available Daily

To assure your entrée choice is available—be in class when your teacher takes the count, be informed of your choices and order carefully, and then take the correct choice when in line. If you are tardy, ask the office to turn in your choice to the cafeteria.

Although it happens rarely, menus may changed due to unforeseen delivery or availability issues.

Monday, Jan. 25

Breakfast
Cinnamon Toast
Assorted Cereal
Juice, Milk

Lunch
Baked Potato Bar & Chili,
Cheese, Broccoli/Cheese
Roll

Choose 2 from:
Tossed Salad, Assorted
Fruit, Juice

Served with All Meals:
Milk

Educare Snack:
Cheese Breadstick, Juice

Tuesday, Jan. 26

Breakfast
Biscuit, Jelly
Assorted Cereal
Juice, Milk

Lunch—Choice of 1
Pizza **OR**
Chicken/Cheese Fajita

Choose 2 from:
Green Peas, Tossed Salad,
Assorted Fruit, Juice

Served with All Meals:
Milk

Educare Snack:
Graham Snacks, Yogurt

Wed., Jan. 27

Breakfast
Cereal Bar
Assorted Cereal
Juice, Milk

Lunch—Choice of 1
Pork BBQ, Bun, Slaw
OR Toasted Cheese

Choose 2 from:
Potato Rounds, Tossed
Salad, Assorted Fruit, Juice

Served with All Meals:
Milk

Educare Snack:
Cereal Treat, Milk

Thursday, Jan. 28

Breakfast
Egg/Cheese Muffin
Assorted Cereal
Juice, Milk

Lunch
Pinto Beans, Ham Biscuit

Choose 2 from:
Slaw, Tossed Salad,
Assorted Fruit, Juice

Served with All Meals:
Milk, Banana Pudding

Educare Snack:
Corn Dog Nuggets, Juice

Friday, Jan. 29

Breakfast
Cinnamon Biscuit
Assorted Cereal
Juice, Milk

Lunch—Choice of 1
Brd Chicken Patty, Bun
OR Chili/Crackers

Choose 2 from:
Green Beans, Tossed Salad,
Assorted Fruit, Juice

Served with All Meals:
Milk

Educare Snack:
Chicken Tenders, Milk

Be a Flu-Fighter—
Wash and Sanitize Often!



LEARN EASIER

It's much harder to learn when you're not in school. That's why hand sanitizer is the latest "must have" school supply. When you can't get to soap and water, make sure you sanitize!

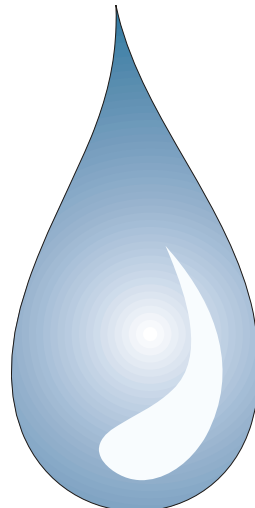
NOODLES



TO YOUR EARS

Choice of milk served with all complete meals:

**Lowfat White
Lowfat Chocolate**



LIVE HEALTHIER

A lot of the calories we take in don't come from food at all, but rather from things we drink. Kids (and adults) need to stay hydrated for good health, and a glass of 100% juice or milk is fine, but the bulk of what we drink should be pure, cool, natural water.

Parents can....

Deposit funds in their student's meal account any time!

View cafeteria purchases!

Track meal account balances!

Set up low-balance e-mail reminders!

Schedule recurring payments!



Go to
mySchoolBucks.com