

7-12 Lunch Menu

January 2018

Food Bytes

**Whole School, Whole Community,
Whole Child**

Did you know that in healthy schools, students are more alert and focused on learning and miss less school? They not only learn better but also learn life-long healthy behaviors. Healthier schools lead to healthier students which lead to healthier communities.






The Whole School, Whole Community, Whole Child (WSCC) model includes:

- Health Education
- Physical Education/Activity
- Nutrition Environment & Services
- School Health Services
- Counseling, Psychological & Social Services
- Social & Emotional Climate
- Physical Environment
- Staff Wellness
- Family Engagement
- Community Involvement

With all 10 components in place and working together, students will be healthier in school and ready to learn. Support the health and academic connection at your school.

January

- Family Fit Lifestyle Month
- National Oatmeal Month
- National Soup Month
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Monday, January 1	Tuesday, January 2	Wednesday, January 3	Thursday, January 4	Friday, January 5
			Chef's Choice For Entrée, Grain, Vegetable, and Fruit	Chef's Choice For Entrée, Grain, Vegetable, and Fruit
Monday, January 8	Tuesday, January 9	Wednesday, January 10	Thursday, January 11	Friday, January 12
A-Beef & Bean Burrito B-Soft Shell Chix Taco Tortilla Chips (9-12) Tomato Salsa Romaine & Tomato Mexican Corn Fruit	A-Stromboli Squares Breadstick (9-12) B- Buffalo Chicken Pizza Garden Salad Fresh Baby Carrots Fruit	A-BBQ Beef on Bun B- Chicken Pot Pie Peas Baked Beans Royal Brownie Fruit	A-Turkey & Cheese Sub B- Sloppy Joe on Bun Romaine & Tomato Slice Sweet Potato Fries Fruit	A-Country Style Beef Patty B- Chicken Alfredo WW Roll Mashed Potato & Gravy Broccoli Fruit
Monday, January 15	Tuesday, January 16	Wednesday, January 17	Thursday, January 18	Friday, January 19
No School 	A-Pig in a Blanket B- Chicken Parmesan Sub Roasted Red Potatoes Broccoli w/ cheese Fruit	A-Spaghetti w/ meat sauce B- Tater Tot Casserole Garlic Bread Garden Salad Green Beans, Fruit	A-Taco Salad w/ shell B- Nacho Lil Bites Salsa Red Pepper Spicy Pinto Beans Cinnamon Puff, Fruit	A-Chicken & Noodles B- Meatloaf WW Roll Mashed Potatoes Fresh Baby Carrots Fruit
Monday, January 22	Tuesday, January 23	Wednesday, January 24	Thursday, January 25	Friday, January 26
A-Mini Meatball Sub B- Buffalo Chicken Slider Ranch Potato Wedges Tossed Salad Fruit	A-BBQ Chix Drumstick B- Cheesy Ham Mac WW Roll Baked Beans Creamy Coleslaw Fruit	A-Beef Stew B- Beef Stroganoff Cornbread Muffin Cherry Tomatoes Tuscan White Beans Fruit	A-Pizza B- Irish Nachos Broccoli Florets Baby Carrots Fruit	A-Biscuit & Gravy Sausage Patty B- Chix Strips w/ biscuit Wax Beans Hash Brown Patty Fruit
Monday, January 29	Tuesday, January 30	Wednesday, January 31		1% Low-fat Milk & Fat Free Chocolate Milk offered with Breakfast and Lunch
A-BBQ Pork Rib on Bun B- Turkey & Cheese Wrap Romaine & Tomato Slice Sweet Potato Puffs Fruit	A-Crispy Chix Drumstick B- Sub Bar Baked Chips Broccoli Florets Fruit	A-Corn Dog B- Nachos Supreme Green Beans Tater Tots Snickerdoodle Cookie Fruit		

Menus are subject to change.

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This institution is an equal opportunity provider.