Featured Specials of the Day

Monday, January 4
- Bacon Cheeseburger
- Baby Carrots

Tuesday, January 5
- Chicken Enchiladas w/ Green Chile Sauce
- Black Beans
- Churro

Wednesday, January 6
- Orange Chicken w/ Brown Rice & Stir Fry Veggies
- Broccoli
- Pumpkin Cake

Thursday, January 7
- Pasta w/ Meat Sauce & Whole Grain Breadstick/Roll
- Celery Sticks
- Snickerdoodle

Friday, January 8
- Chicken Tenders w/ Mashed Potatoes & Gravy
- Corn

Monday, January 11
- Italian Chicken Sandwich
- Baby Carrots

Tuesday, January 12
- Tacos
- Pinto Beans
- Apple Crisp

Wednesday, January 13
- Cheese or Pepperoni Pizza
- Broccoli
- Peanut Butter Cookie

Thursday, January 14
- Chicken Alfredo w/ Whole Grain Breadstick
- Celery Sticks
- Chocolate Cake

Friday, January 15
- Toasted Ham & Cheese Sandwich w/ Tomato Soup
- Peas

Every complete meal comes with a trip through the salad bar and a milk. In addition to the featured special of the day, secondary kitchens offer a variety of hot and cold entrée options each day.

Lunch Prices:
- Full Pay = $3.75
- Reduced = $0.40
- Adults = $4.25

A la carte items are available in addition to the lunch program. Prices vary by item.

Snap out of it!

Yes, vacation is over, but we’re happy to see you — and it won’t be too long until Spring Break!

Welcome Back!

Pineapples are picked ripe and do not ripen further after picking. There’s no sure way to tell that a whole pineapple is sweet — although fresh, deep green crown leaves are a good sign. Most grocery stores now carry vacuum-packed pineapples that are already cored and shelled — buying these saves you some work and avoids surprises.

A Tasty Morsel for Teens
LICENSE TO KRILL
Penguins love to gobble krill (tiny shrimp-like creatures), and they also eat squid and fish. Various species of penguins prefer different types of food and hunt at different levels in the water, which reduces competition for food.
A penguin chick is fed by both its mother and father until it can hunt for itself.

ANIMAL APPETITES

Featured Specials of the Day

**Monday, January 25**
No School

**Tuesday, January 26**
Chicken Fajitas
Garbanzo Beans
Double Chocolate Chip Cookie

**Wednesday, January 27**
Honey Fire Chicken w/ Brown Rice & Stir Fry Veggies
Broccoli
Crazy Cookie Day!

**Thursday, January 28**
Swedish Meatballs w/ Mashed Potatoes & Whole Grain Roll
Celery Sticks
Brownie

**Friday, January 29**
Chicken Parmesan w/ Pasta
Peas

DON’T LET THIS HAPPEN TO YOU!

FUNNY THING ABOUT THAT "OLD YEAR" GUY -- DUD WAS REALLY ONLY ONE YEAR OLD! POOR SAP JUST NEVER DID LEARN TO EAT RIGHT.

NUTRITION ANALYSIS OF THIS TYPICAL SCHOOL LUNCH COMBO:

- **BEEF AND VEGETABLE STEW**
- **WHOLE WHEAT ROLL w/BUTTER**
- **FRUIT YOGURT**
- **FRESH APPLE**
- **NONFAT CHOCOLATE MILK**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Calories</th>
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<tbody>
<tr>
<td><strong>TOTAL CALORIES</strong></td>
<td>689</td>
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<tr>
<td>Calories from protein</td>
<td>18%</td>
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<tr>
<td>Calories from carbohydrates</td>
<td>53%</td>
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<tr>
<td>Calories from fat</td>
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Goal: 30% or less fat calories