



DON'T LET THIS HAPPEN TO YOU!

IT WAS ON THE WAY TO SCHOOL, ABOUT A WEEK AFTER HE FORGOT ABOUT THE PEANUT BUTTER AND BANANA SANDWICH, THAT CHRIS FELT THE FIRST STIRRINGS OF THE CHEMICAL REACTION IN HIS BACKPACK.

NUTRITION ANALYSIS OF THIS TYPICAL SCHOOL LUNCH COMBO:

- BEEF AND BEAN BURRITO
- SPANISH RICE
- GUACAMOLE
- GRAPE TOMATOES
- NONFAT CHOCOLATE MILK

TOTAL CALORIES: 709
 CALORIES FROM PROTEIN: 20%
 CAL. FROM CARBOHYDRATES: 52%
 CALORIES FROM FAT: 28%
 GOAL: 30% OR LESS FAT CALORIES

STACKED AGAINST US.

The average American takes in at least 50% more sodium than the recommended maximum. But don't just blame the salt shaker at home: 75% of the sodium you eat probably comes from restaurant food and processed grocery store food - like chips, pizza, soup, and even bread!



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

Monday, January 14

Breakfast

- Mini Pancakes
- Fruit/Fruit Juice
- LF Milk

Lunch

- Turkey & Cheese Sub
- Potato Wedges
- Mixed Vegetables
- Fresh Broccoli w/dip
- Fresh Grapes
- Applesauce

Tuesday, January 15

Breakfast

- French Toast
- Fruit/Fruit Juice
- LF Milk

Lunch

- Beef Taco w/ lettuce, cheese, tomatoes
- Black Beans
- Corn
- Diced Peaches
- Fresh Apples

Wednesday, January 16

Breakfast

- Sausage Biscuits
- Fruit/Fruit Juice
- LF Milk

Lunch

- Dutch Waffles
- Chicken Tenders
- Tater Tots
- Glazed Carrots
- Pineapple Tidbits
- Mixed Fruit

Thursday, January 17

Breakfast

- Pancake Wrap
- Fruit/Fruit Juice
- LF Milk

Lunch

- Spaghetti w/ Garlic Bread
- Green Beans
- Garden Salad
- Tomato Wedges
- Strawberry Cups
- Sliced Oranges

Friday, January 18

Breakfast

- Breakfast Pizza
- Pop-tarts (K-5)
- Fruit/Fruit Juice
- LF Milk

Lunch

- Cheeseburger
- Baked Beans
- French Fries
- Applesauce
- Banana

Monday, January 21

Schools are Closed in Observance Of Martin Luther King Jr. Day.

See you Tuesday!

Tuesday, January 22

Breakfast

- Chicken Biscuit
- Fruit/Fruit Juice
- LF Milk

Lunch

- Sweet N Sour Chicken
- Vegetable Fried Rice
- Steamed Broccoli
- Glazed Carrots
- Dice Pears
- Mixed Fruit

Wednesday, January 23

Breakfast

- Pancake Wrap
- Fruit/Fruit Juice
- LF Milk

Lunch

- Beef-a-roni w/ Garlic Stick
- Garden Salad
- Carrot Cup
- Pineapple Tidbits
- Apples

Thursday, January 24

Breakfast

- Breakfast Pizza
- Fruit/Fruit Juice
- LF Milk

Lunch

- Salisbury Steak
- Mashed Potatoes
- Baked Beans
- Mixed Fruits
- Applesauce

Friday, January 25

Breakfast

- Cereal
- Pop-tarts (K-5)
- Fruit/Fruit Juice
- LF Milk

Lunch

- Pizza
- Garden Salad
- Corn
- Cucumber
- Fresh Grapes
- Diced Peaches

Monday, January 28

Schools are Closed for Students. Staff Day.

See you Tuesday!

Tuesday, January 29

Breakfast

- French Toast
- Fruit/Fruit Juice
- LF Milk

Lunch

- Cheeseburger
- French Fries
- Carrots
- Diced Peaches
- Fresh Apple

Wednesday, January 30

Breakfast

- Sausage Biscuits
- Fruit/Fruit Juice
- LF Milk

Lunch

- Chicken Nuggets w/roll
- Green Beans
- Mashed Potatoes
- Pineapple Tidbits
- Mixed Fruit

Thursday, January 31

Breakfast

- Pancake Sausage Wrap
- Fruit/Fruit Juice
- LF Milk

Lunch

- Hot Dogs
- Baked Beans
- Coleslaw
- Strawberry cup
- Sliced Oranges