Ah, winter! Shorter days, frigid temperatures and foul weather. Let’s face it, spending the winter alternating between napping in bed and laying across the couch sounds awfully good. But fight the temptation! Winter sports can help you burn calories, increase your cardiovascular fitness, and strengthen muscles. Activities that are weight-bearing help build stronger and denser bones. Winter is a great time to experiment with new sports.

The trick is to find one that matches your interests and natural abilities.

- If you like to walk, keep walking – on snowshoes.
- If you want to try an endurance sport, go for cross-country skiing.
- If you just want to get out of the house, sledding is just plain fun.

Exercise boosts mood and sunlight seems to help beat back the winter blues. So slap on some sunblock and GO!

Monday, January 20, 2020
No School

Tuesday, January 21, 2020

Breakfast
- Breakfast Sausage Wrap 19¢ with Maple Syrup 28¢
- Hot Oatmeal 14¢ or Assorted Cold Cereal or Apple Oatmeal Bars 48¢ or Chocolate Oatmeal Bars 46¢ or Chilled Yogurt Bar or Hard Cooked Eggs 2 and Vanilla Bear Graham 20

Lunch
- Personal Pan Meat Lovers Pizza 30¢
- Buffalo Chicken Munchins 20¢ with a Tea Roll 12¢
- Korean BBQ Beef on a Bun 37¢
- Sandwich of the Day: Smoked Turkey & Mozarella 28¢
- Golden Corn 16¢

Wednesday, January 22, 2020

Breakfast
- Cinnamon Muffin Square 45¢
- Iced Mixed Fruit Cup 20¢
- Hot Oatmeal 14¢ or Assorted Cold Cereal or Apple Oatmeal Bars 48¢ or Chocolate Oatmeal Bars 46¢ or Chilled Yogurt Bar or Hard Cooked Eggs 2 and Vanilla Bear Graham 20

Lunch
- Cheeseburger on a Bun 27¢
- Tangerine Chicken 25¢ w/ Steamed Brown Rice 21¢ & Tea Roll 12¢
- Chicken Alfredo 17¢ w/ Penne Pasta 39¢ & Tea Roll 12¢
- Hamburger on a Bun 26¢
- Sandwich of the Day: Country Boy 30¢
- Baked School Fries 18¢

Thursday, January 23, 2020

Breakfast
- A+ Biscuit 25¢
- Hot Oatmeal 14¢ or Assorted Cold Cereal or Apple Oatmeal Bars 48¢ or Chocolate Oatmeal Bars 46¢ or Chilled Yogurt Bar or Hard Cooked Eggs 2 and Vanilla Bear Graham 20

Lunch
- Popcorn Chicken Bowl 45¢ w/ Tea Roll 12¢
- Country Beef Cutflet on a Bun 45¢
- Beef Lasagna 33¢ w/ Tea Roll 12¢
- Sandwich of the Day: Turkey Deli 30¢
- Whipped Potatoes 15¢ w/ Gravy 5¢
- Frozen Strawberries 10¢

Friday, January 24, 2020

Breakfast
- Warm Pancakes 30¢ with Maple Syrup 28¢
- Iced Strawberry Cup 21¢
- Hot Oatmeal 14¢ or Assorted Cold Cereal or Apple Oatmeal Bars 48¢ or Chocolate Oatmeal Bars 46¢ or Chilled Yogurt Bar or Hard Cooked Eggs 2 and Vanilla Bear Graham 20

Lunch
- Mini Corn Dogs 31¢
- Spicy Chicken Patty on a Bun 43¢ w/ Pasta Sauce 4¢
- Crispy Chicken Patty on a Bun 42¢
- Orange Chicken 39¢
- Baked Tater Tots 14¢

Menu Key:
- Contains Pork
- Locally Grown
- Meatless Item
- Spicy
- New Item
- Vegan

Our menus have been planned to meet Federal regulations regarding the well being of our young people and special needs. Over the course of the school year we present a variety of meat, meat substitutes, eggs, pasta, fruits, vegetables and other essential food groups, and the vegetable subgroup consisting of dark green, orange, legumes, starchy, and other vegetables.

We offer a variety of dairy options such as milk, cheese, yogurt, and fresh fruit. Your child’s dietary needs may dictate the type of dairy served.

Our menus, prices, and availability change daily to accommodate our fresh produce and fresh milk. If you are looking for a specific item, please contact your school’s cafeteria manager for details.

Monday, January 20, 2020
No School

Tuesday, January 21, 2020

Breakfast
- Breakfast Sausage Wrap 19¢ with Maple Syrup 28¢
- Hot Oatmeal 14¢ or Assorted Cold Cereal or Apple Oatmeal Bars 48¢ or Chocolate Oatmeal Bars 46¢ or Chilled Yogurt Bar or Hard Cooked Eggs 2 and Vanilla Bear Graham 20

Lunch
- Personal Pan Meat Lovers Pizza 30¢
- Buffalo Chicken Munchins 20¢ with a Tea Roll 12¢
- Korean BBQ Beef on a Bun 37¢
- Sandwich of the Day: Smoked Turkey & Mozarella 28¢
- Golden Corn 16¢

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- Sandwich of the Day: Turkey Deli 30¢
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Friday, January 24, 2020

Breakfast
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- Iced Strawberry Cup 21¢
- Hot Oatmeal 14¢ or Assorted Cold Cereal or Apple Oatmeal Bars 48¢ or Chocolate Oatmeal Bars 46¢ or Chilled Yogurt Bar or Hard Cooked Eggs 2 and Vanilla Bear Graham 20

Lunch
- Mini Corn Dogs 31¢
- Spicy Chicken Patty on a Bun 43¢ w/ Pasta Sauce 4¢
- Crispy Chicken Patty on a Bun 42¢
- Orange Chicken 39¢
- Baked Tater Tots 14¢

Menu Key:
- Contains Pork
- Locally Grown
- Meatless Item
- Spicy
- New Item
- Vegan

Complimentary Breakfast is available for ALL Enrolled Students in All Schools!

<table>
<thead>
<tr>
<th>Lunch Prices</th>
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<th>Reduced</th>
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<tr>
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<tr>
<td>Milk</td>
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Our menus have been planned to meet Federal regulations including the new sodium standards. All breakfasts and lunch items include two servings of fruits and vegetables. There are no beverages, gels, and the vegetable subgroup consisting of dark green, orange, legumes, starchy, and other vegetables.

Our menus, prices, and availability change daily to accommodate our fresh produce and fresh milk. If you are looking for a specific item, please contact your school’s cafeteria manager for details.

This information is available in alternate formats for the visually impaired. Please call 531-208-0230 for further information.

Our Mission Statement: To enhance the health and well-being of our students and staff in each building, by providing high-quality meals according to the highest nutritional standards.

This information is available on our website at: www.schoolcafe.com. Medical statements can be found on our website for students requiring special meals. For more information about special meals, contact our office at 531-208-9858. School lunch money may be transferred to other accounts, carried over to the next school year, or refunded. Contact your school’s cafeteria manager for details. To eliminate cash or checks being sent to the school, we accept on-line payments at www.schoolcafe.com.

GO!

For a complete Breakfast, you must select three stars, at least one star must be a fruit. For a complete lunch, you must select three stars, at least one star must be a vegetable or fruit.
For a complete Breakfast, you must select three stars, at least one star must be a fruit. For a complete lunch, you must select three stars, at least one star must be a vegetable or a fruit.

Health problems from being overweight go way beyond diabetes and heart disease. Being overweight can also affect a person's joints, sleep, mood, breathing, and energy levels. So what is the definition of overweight?

- When people eat more calories than they burn off, their bodies tend to store the extra calories as fat. A couple of pounds of extra fat are not a health risk for most people.
- Eventually, the body gets to a point where the amount of body fat can have a negative effect on a person's health. We use the term “overweight” to describe someone who is at a greater risk of developing weight-related problems.
- More people are overweight today than ever before. This health problem affects young people as well as adults.

Figuring out if a teen is overweight can be more complicated than it is for adults. That's because teens are still growing and developing. Luckily, it's never too late to make changes that effectively control weight and the health problems it causes. Those changes don't have to be big. And don't be afraid to ask for help!

Monday, January 27, 2020

**Breakfast**
- Cinnamon Glazed French Toast 34 Or
- Hot Oatmeal 14 or Assorted Cold Cereal or Apple Oatmeal Bars 48 Or Chocolate Oatmeal Bars 46 Or Chilled Yogurt Bar or Hard Cooked Eggs 2 and Vanilla Bear Graham 20

**Lunch**
- Beef Ranchero Pizza 30
- Cheese Breadsticks 25 w/ Pasta Sauce 4
- Spicy Black Bean Sandwich 42
- Sandwich of the Day: Smoked Turkey & Mozzarella 28
- Baked School Fries 18
- Savory Roasted Butternut Squash 22

**Every Day**
- Chef Salad: 32 Diced Egg, Mozzarella, Lettuce & Spinach Mix, & Tea Rolls

Tuesday, January 28, 2020

**Breakfast**
- Turkey Sausage Pizzazz Pizza 22
- Frozen Peach Cup 19 Or
- Hot Oatmeal 19 or Assorted Cold Cereal or Apple Oatmeal Bars 48 or Chocolate Oatmeal Bars 46 Or Chilled Yogurt Bar or Hard Cooked Eggs 2 and Vanilla Bear Graham 20

**Lunch**
- General Tso Chicken 23 w/ Steamed Brown Rice 21 & Tea Roll 12
- BBQ Rib on a Bun 41
- Hamburger Quesaddilla 39
- Sandwich of the Day: Turkey Deli 40
- Steamed Broccoli 2
- Golden Corn 16

**Wednesday, January 29, 2020**

**Breakfast**
- Orange Crumb Muffin Top 28 w/ Vanilla Bear Graham 20 Or
- Hot Oatmeal 14 or Assorted Cold Cereal or Apple Oatmeal Bars 48 or Chocolate Oatmeal Bars 46 Or Chilled Yogurt Bar or Hard Cooked Eggs 2 and Vanilla Bear Graham 20

**Lunch**
- Pork Tenderloin on a Bun 44
- Pizzaria Style Cheese Pizza 27
- Chicken Egg Roll 20 w/ Steamed Brown Rice 21 & Teriyaki Chicken Dippers 5
- Pizzaria Style Pepperoni Pizza 28
- Sandwich of the Day: Pastrami & White American on a Bagel 42
- Baked School Fries 18
- Steamed Green Beans 4

**Thursday, January 30, 2020**

**Breakfast**
- Glazed Cinnamon Roll 65
- Iced Strawberry Cup 21 Or
- Hot Oatmeal 19 or Assorted Cold Cereal or Apple Oatmeal Bars 48 or Chocolate Oatmeal Bars 46 Or Chilled Yogurt Bar or Hard Cooked Eggs 2 and Vanilla Bear Graham 20

**Lunch**
- Hamburger on a Bun 26
- Creamed Turkey 7 w/ Mini Combread Muffins 58
- Pepperoni Pocket 32
- Cheeseburger on a Bun 27
- Sandwich of the Day: Classic 29
- Whipped Potatoes 15 w/ Gravy 5

**Friday, January 31, 2020**

**Breakfast**
- Colby Cheese Omelet 1 w/ a warm Biscuit 23 or Tortilla 30 Or
- Hot Oatmeal 14 or Assorted Cold Cereal or Apple Oatmeal Bars 48 or Chocolate Oatmeal Bars 46 Or Chilled Yogurt Bar or Hard Cooked Eggs 2 and Vanilla Bear Graham 20

**Lunch**
- Hot Dog on a Bun 28
- BBQ Pulled Pork Nachos 62
- Cheese Pizza 37
- Chili Cheese Dog on a Bun 35
- Sandwich of the Day: Hoagie 44
- Homemade Baked Beans 37
- Frozen Strawberries 23

Complimentary Breakfast is Available for All Enrolled Students in All Schools!