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.

- Make a plan. Balancing a heavy workload is stressful. If you are feeling overwhelmed, create a plan for studying. Prioritize what topics you need to study first and determine how long you will spend on each subject.
- Don’t procrastinate. Never cram to study for a test all in one night. This makes for a stressful situation as you may not be able to study everything in one night. Plan for a certain amount of studying time each day. That way you won’t be overwhelmed when it becomes test time.
- Get enough sleep. This helps you to retain information better and can help you manage stress better. This is especially important when it comes to the night before a test. Get at least 8 hours of sleep and go to bed at the same time each night.
- Get regular exercise. Exercise releases endorphins, which helps you manage stress. It is also great for taking a break from studying and helps with blood flow to the brain. Students who exercise more tend to do better on tests!

### Monday, December 16, 2019

**Breakfast**

- Glazed Raised Donut 44
- Hot Oatmeal Bars 29
- Apple Oatmeal Bars 28
- Chilled Yogurt Bar 21
- Hard Boiled Eggs 2
- Apple Oatmeal Bars 21

**Lunch**

- Buffalo Chicken Patty on a Bun 29
- Personal Pan Cheese Pizza 31
- Italian Meatball Sub 39
- Personal Pan Pepperoni Pizza 30
- Sandwich of the Day: Pastrami & White American on a Bagel 42
- Baked Hashbrown Rounds 15
- Steamed Carrots 6

### Tuesday, December 17, 2019

**Breakfast**

- French Toast Bake 84
- Frozen Peach 50
- Hot Oatmeal Bars 48
- Apple Oatmeal Bars 48
- Chilled Yogurt Bar 48
- Hard Boiled Eggs 48
- Apple Oatmeal Bars 48

**Lunch**

- Macaroni & Cheese 19 with Shrimp Poppers 11 & Tea Roll 12
- Chicken Nuggets 16 with a Tea Roll 12
- Italian Falafel Sub 59
- Sandwich of the Day: Smoked Turkey & Mozzarella 28
- Green Beans 4

### Wednesday, December 18, 2019

**Breakfast**

- Apple Biscuit 25
- Hot Oatmeal Bars 48
- Apple Oatmeal Bars 48
- Chilled Yogurt Bar 48
- Hard Boiled Eggs 48
- Apple Oatmeal Bars 48

**Lunch**

- Cheese Breadsticks 25 with Pasta Sauce 4
- Crispy Chicken Patty on a Bun 42
- Smothered Burrito 47
- Spicy Chicken Patty on a Bun 43
- Sandwich of the Day: Turkey Deli 42
- Baked School Fries 18

### Thursday, December 19, 2019

**Breakfast**

- Warm Pancakes 30 with Maple Syrup 28
- Hot Oatmeal Bars 48
- Apple Oatmeal Bars 48
- Chilled Yogurt Bar 48
- Hard Boiled Eggs 48
- Apple Oatmeal Bars 48

**Lunch**

- Sloppy Joe on a Bun 39
- BBQ Pulled Pork on a Bun 39
- Mini Corn Dogs 31
- Sandwich of the Day: Country Boy 30
- Western Beans 16
- Golden Corn 16

### Friday, December 20, 2019

**Breakfast**

- Colby Cheese Omelet 1 with a Warm Biscuit 30 or Tortilla 30
- Iced Strawberry Cup 21
- Hot Oatmeal Bar 14
- Apple Oatmeal Bar 48
- Chilled Yogurt Bar 48
- Hard Boiled Eggs 48
- Apple Oatmeal Bars 48

**Lunch**

- Country Beef Cuttlet on a Bun 45
- Hot N’ Spicy Chicken Tenders 16 with a Tea Roll 12
- Sandwich of the Day: Classic 29
- Emoji Fries 18

### Every Day

**Breakfast & Lunch**

- Seasonal fresh fruits are offered daily, including apples, oranges, bananas, and kiwi. Assorted canned or frozen fruits and 100% juice will also be available.
- Ice cold 1% fat-free milk is offered as part of every meal, but is not required to be taken. Cups of cold water are available, free of charge.

**Daily Lunch Options**

- Oatmeal Bars, Cheese Sandwich, Sunflower & Jelly Sandwiches, and Peanut Butter and Jelly Sandwiches are vegetarian whole grain choices offered daily.
- Rotisserie Red Pepper Hummus and Sunflower Chia Chips are vegetarian whole grain choices offered daily.
- All of our fresh veggies are located on our Veggie Bar. They are offered with our homemeade low-fat, low sodium ranch dressing.

**Lunch Prices**

<table>
<thead>
<tr>
<th></th>
<th>All Students</th>
<th>Reduced</th>
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<tbody>
<tr>
<td>Elem.</td>
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<tr>
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</tr>
<tr>
<td>Milk</td>
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</table>

Menu Key:

- Contains Pork
- Locally Grown
- Meatless Item
- Spicy
- New Item
- Vegan

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

Our mission: To enhance the health and well-being of our customers, the students and staff of each building, by providing high-quality meals acceptable to a variety of tastes.

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This initiative is an equal opportunity provider.

This information is available in alternate formats for the visually impaired. Please call 531-209-0230 for further information.

For more information about special menus, contact our office at 531-209-0230 or visit our website at www.schoolkafes.com.

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**Disclaimer:** Information is current as of the date of printing. Prices and availability are subject to change. For more information, please visit our website at www.schoolkafes.com.