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.

The New Year is a great time to develop healthier habits. Changing them can be difficult and developing new habits takes time. Use the tips below to stay motivated and meet your goals. You can do it!

- Make changes slowly. Don't expect to change your eating, drinking, or activity habits overnight. Changing too much too fast may hurt your chances of success.
- Figure out what's holding you back. Are there unhealthy snacks and drinks at home that are too tempting? Do you eat more when you are bored? How can you change these habits? Avoiding your family to avoid purchasing unhealthy items, avoiding the junk food section at the grocery store, or going for a walk instead of mindlessly eating are options for developing healthier habits.
- Set a few realistic goals. If you’re a soda drinker, try replacing a couple of sodas with water. Once you are drinking less for a while, try cutting out all soda. Then, set another goal, such as getting more physical activity each day. Once you have reached one goal, add another.
- Set a support system. Ask a friend, brother or sister, parent, or guardian to help you make changes and stick with your new habits. Not only can it help you, but it can help them become healthier too!

Monday, January 6, 2020

**No School**

Tuesday, January 7, 2020

**Breakfast**
- Glazed Dutch Waffle 27
- Hot Oatmeal 14 or Assorted Cold Cereal
- Chilled Yogurt Bar 21 or Hard Boiled Eggs 20 and Vanilla Bear Graham 20

**Lunch**
- Chicken Alfredo 17 with Penne 99 & a Breadstick 20
- Bacon Cheddar Burger on a Bun 22
- Garlic Cheese French Bread 30
- Sandwich of the Day: Turkey Deli 20
- Curly Fries 17

**Chef Salad:**
- 29 Diced Egg, American, Lettuce & Spinach Mix, & Breadstick

Wednesday, January 8, 2020

**Breakfast**
- Glazed Raised Donut 44
- Hot Oatmeal 14 or Assorted Cold Cereal
- Chilled Yogurt Bar 21 or Hard Boiled Eggs 20 and Vanilla Bear Graham 20

**Lunch**
- Breaded Spicy Chicken Patty on a Bun 37
- Cheese Quesadilla 32
- Crispy Chicken Patty on a Bun 36
- Beef Ranchero Pizza 30
- Sandwich of the Day: Pastrami & White American on a Bagel 42
- Cheesy Potatoes 16
- Golden Corn 16

**Chef Salad:**
- 41 Smoked Turkey, Mozzarella, Kale Salad Mix, Breadstick, & Tea Roll

Thursday, January 9, 2020

**Breakfast**
- Warm Biscuit 23 with Peanut Butter 3 & Jelly 13 or a Sausage Patty 21
- Iced Strawberry Cup 27
- Hot Oatmeal 14 or Assorted Cold Cereal
- Chilled Yogurt Bar 21 or Hard Boiled Eggs 20 and Vanilla Bear Graham 20

**Lunch**
- Beef and Bean Burrito 40 with Cheese Sauce 3
- Pepperoni Pocket 32
- Cheese Quesadilla 38 with Cheese Sauce 3
- Tex Mex Mac N Cheese 38 with a Breadstick 20
- Sandwich of the Day: Smoked Turkey & Mozzarella 28
- Steamed Green Beans 4

**Chef Salad:**
- 31 Grilled Chicken Strips, Lettuce & Spinach Mix, Breadstick, Croutons, & Caesar Dressing

Friday, January 10, 2020

**Breakfast**
- Glazed Cinnamon Roll 65
- Hot Oatmeal 14 or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs 20 and Vanilla Bear Graham 20

**Lunch**
- Chicken Nuggets 14
- Cheese Quesadilla 32
- Korean BBQ Sandwich 31
- Sandwich of the Day: Hoagie 34
- Baked School Fries 18
- Baked Beans 37
- Berry and Peach Medley 12

**Chef Salad:**
- 29 Tukey Deli, White American, Lettuce & Spinach Mix, & Breadstick

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

**Breakfast & Lunch Menu**

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.

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. (Gups of cold water are available, free of charge.)

Daily Lunch Options

- **Yogurt Pak:** Go Grahams, Strawberry & Jelly Sandwiches, and Peanut Butter & Jelly Sandwiches are vegetarian entire choices offered daily.
- **Vanilla Bear Grahams:** located on our Veggie Bar. They are offered with our homemade low-fat, low sodium ranch dressing.

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

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

<table>
<thead>
<tr>
<th>Lunch Prices</th>
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<tr>
<td>Elem.</td>
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Visit our website for nutritional information, free/reduced applications, and more information about the program at http://www.schoolcafe.com. Medical statements are found on our website for students requiring special meals. For more information about special menus, contact our office at 531-299-9858. 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.

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Every Day

- Most grains items are whole-grain rich

**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.

**Chef Salad:**
- 29 Diced Egg, American, Lettuce & Spinach Mix, & Breadstick

**Or Breakfast**
- Or Lunch
- Or Breakfast

**Or Breakfast**
- Or Lunch
- Or Breakfast

**Or Breakfast**
- Or Lunch
- Or Breakfast

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### Monday, January 13, 2020

- Blueberry Muffin Top 26 with a | Vanilla Bean Coffee 20
- Hot Oatmeal 14 or Assorted Cold Cereal
- Chilled Yogurt Bar or Hot Boiled Eggs 2 and | Vanilla Bean Coffee 20
- Country Beef Cutlet on a Bun 39
- Chicken and Cheese Taquitos 30
- Oven Fried Baked Chicken 5 with a | Mini Cornbread Muffin 29
- Sandwich of the Day: Smoked Turkey & Mozzarella 28
- Baked School Fries 18
- Western Beans 16

### Tuesday, January 14, 2020

- Cinnamon Glazed French Toast 34
- Hot Peach Oatmeal 23 or Assorted Cold Cereal
- Chilled Yogurt Bar or Hot Boiled Eggs 2 and | Vanilla Bean Coffee 20
- Rotini 35 with a | Italian Meatballs 9 or Marinara Sauce 8
- Mini Corn Dogs 31
- Grilled Buffalo Chicken Salad 8 with a | Breadstick 20
- Sandwich of the Day: Turkey Dill 28
- Steamed Green Beans 4

### Wednesday, January 15, 2020

- Fish Wedge on a Bun 32
- Cheese Breadsticks 25 with Pasta Sauce 4
- Popcorn Chicken 15 with a | Breadstick 12
- Sandwich of the Day: Pastrami and White American on a Bagel 142
- Steamed Peas 11
- Sweet Potato Fries 19

### Thursday, January 16, 2020

- Colby Cheese Omelet | a | Warm Biscuit 23 or | Tortilla 130
- Hot Peach Oatmeal 23 or Assorted Cold Cereal
- Chilled Yogurt Bar or Hot Boiled Eggs 2 and | Vanilla Bean Coffee 20
- Cheesy Dog on a Bun 24
- Baked Potato 37 with a | Pulled Pork 21 and Cheese 3 and | Tea Roll 12
- Pepperoni Pizzeria Style Pizza 28
- Hotdog on a Bun 21
- Cheese Pizzeria Style Pizza 27
- Sandwich of the Day: Turkey & American 27
- Baked Potato 37
- Steamed Fresh Broccoli 2

### Friday, January 17, 2020

- Oatmeal Chipper Breakfast Round 43
- Iced Apricot Cup 25
- Hot Oatmeal 14 or Assorted Cold Cereal
- Chilled Yogurt Bar or Hot Boiled Eggs 2 and | Vanilla Bean Coffee 20
- Hearty Chili 23 with a | Toasted Cheese Sandwich 40
- Beef Tenderloin on a Bun 38
- Breaded Chicken Parmesan Sandwich 39
- Sandwich of the Day: Classic 29
- Golden Corn 16

### National Bagel Day!

- Chicken Caesar Salad: 23 Grilled Chicken Strips, Lettuce & Spinach Mix, Tea Roll, Croutons, & Caesar Dressing

### National Hat Day!

- Chef Salad: 32 Diced Egg, White American, Lettuce & Spinach Mix & Tea Rolls

### Lunch Prices

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### Menu Key:

- L - Locally Grown
- M - Meatless Item
- S - Spicy
- N - New Item
- V - Vegan

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**Every Day**

- Most gravies are whole-grain rich.

**Breakfast & Lunch**

- Seasonal fresh fruits are offered daily, including apples, oranges, bananas, and blueberries. Assorted canned or frozen fruits and 100% juice will also be available.
- At cold & hot fresh 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**

- Yogurt Parfait, Cheese Sandwich, Sunshine & Jelly Sandwiches, and Peanut Butter and Jelly Sandwiches are offered entire lunches of offered daily.
- Seasoned Red Pepper Hummus and Santa Fe Chippers are vegetarian entire lunches offered daily.

- Seasoned fresh veggies are located on our Veggie Bar. They are offered with our homemade low-fat, low-sodium ranch dressing.

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For 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.

It’s true, snacking is important! They help provide the nutrients you need to grow and maintain a healthy weight. Snacks are meant to provide energy and nutrients to help you over until the next meal and is not meant to be a big meal. Snacks can be part of a healthy diet as long as you choose the right foods. Use this acronym to help become a healthier snacker.

S - Smaller Portions. Use the Nutrition Facts Label to determine the correct serving size to eat. Keep your snacks small.

N - Not in front of electronics. Eat snacks away from distractions, so you don’t overeat.

A - Am I really hungry? Ensure you are not eating out of boredom or out of habit.

C - Choose nutrient-dense foods. Eat nuts, fruits, veggies, whole grain foods, and low-fat dairy.

K - Keep it in the kitchen. Eat at the table and be aware of how much you are eating.

S - Sit down, slow down, savor, and enjoy! Take your time and enjoy your food.

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

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**Our Mission Statement:** To enhance the health and well-being of our students, the teacher and support staff, and the community, by providing positive experiences and quality services to all individuals in our school district.

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