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.

Taking tests can be stressful, so what can you do to cope? The most helpful method of dealing with stress is learning how to prevent and manage it. Stress-management skills work best when they are used regularly and not just when you are under pressure. Below are ways to help keep stress under control:

- 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
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Grains

**Lunch**
- Buffalo Chicken Patty on a Bun
- Personal Pan Cheese Pizza
- Italian Meatball Sub
- Personal Pan Pepperoni Pizza
- Sandwich of the Day: Pastrami & White American on a Bagel
- Baked Hashbrown Rounds
- Steamed Carrots

**Chef Salad:** Turkey, Mozzarella, Lettuce & Spinach Mix, Breadstick & Tea Roll

Tuesday, December 17, 2019

**Breakfast**
- French Toast Bake
- Frozen Peach Cup
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Grains

**Lunch**
- Macaroni & Cheese
- Chicken Nuggets with a Tea Roll
- Italian Falafel Sub
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Green Beans

**Chef Salad:** Diced Egg, American, Lettuce & Spinach Mix, & Tea Rolls

Wednesday, December 18, 2019

**Breakfast**
- **Biscuit**
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Boiled Eggs
- Vanilla Bear Grains

**Lunch**
- Cheese Biscuits with Pasta Sauce
- Crispy Chicken Patty on a Bun
- Smothered Burrito
- Spicy Chicken Patty on a Bun
- Sandwich of the Day: Turkey Deli
- Baked School Fries

**Chef Salad:** Grilled Chicken Strips, American, Lettuce & Spinach Mix, Breadstick & Croutons

Thursday, December 19, 2019

**Breakfast**
- Warm Pancakes with Maple Syrup
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Boiled Eggs
- Vanilla Bear Grains

**Lunch**
- Sloppy Joe on a Bun
- BBQ Pulled Pork on a Bun
- Mini Corn Dogs
- Sandwich of the Day: Country Boy
- Western Beans
- Golden Corn

**Chef Salad:** Smoked Turkey, Mozzarella, Lettuce & Spinach Mix, & Tea Rolls

Friday, December 20, 2019

**Breakfast**
- Colby Cheese Omelet with a **Warm Biscuit or Tortilla**
- Iced Strawberry Cup
- Hot Oatmeal or Assorted Cold Cereal
- Apple Oatmeal Bars or Chocolate Oatmeal Bars
- Chilled Yogurt Bar or Hard Boiled Eggs
- Vanilla Bear Grains

**Lunch**
- Country Beef Cullet on a Bun
- Hot ‘N’ Spicy Chicken Tender, with a Tea Roll
- Sandwich of the Day: Classic
-Emoji Fries

**Chef Salad:** Turkey, Mozzarella, Lettuce & Spinach Mix, & Tea Rolls

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

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**Breakfast & Lunch Menu**

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**Lunch Prices**

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<th>Type</th>
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<th>Reduced</th>
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**Our Mission Statement:** To enhance the health and well-being of our students, the students and staff of each building, by providing high quality meals acceptable to a wide range of taste and dietary needs.

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**Chef Salad: Turkey, Mozzarella, Lettuce & Spinach Mix, Tea Rolls**

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**Have a great holiday break!**