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? Asking 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 soda 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.
- Get 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
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Grains

**Lunch**
- Chicken Alfredo with Penne & a breadstick
- Bacon Cheddar Burger on a Bun
- Garlic Cheese French Bread
- Sandwich of the Day: Turkey Deli
- Curly Fries

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

Wednesday, January 8, 2020

**Breakfast**
- Glazed Raised Donut
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Grains

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

**Menu Key:** 
- Contains Pork
- Locally Grown
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Thursday, January 9, 2020

**Breakfast**
- Warm Biscuit with Peanut Butter & Jelly and a Sausage Patty
- Iced Strawberry Cup
- Hot Oatmeal or Assorted Cold Cereal
- Chilled Yogurt Bar or Hard Boiled Eggs and Vanilla Bear Grains

**Lunch**
- Beef and Bean Burrito with Cheese Sauce
- Pepperoni Packer
- Fiesta Salsa Burrito with Cheese Sauce
- Tex Mex Mac N’ Cheese with a Breadstick
- Sandwich of the Day: Smoked Turkey & Mozzarella
- Steamed Green Beans

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

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

**Lunch Prices**

<table>
<thead>
<tr>
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Our menu has been planned to meet federal regulations including but not limited to: age group, protein, and portion sizes. Over the course of the lunch, it is possible that some items will be offered at an alternate location, and the entrée substitutions consisting of dark green, orange, red, and purple vegetables. For more information, visit www.schoolcafe.com.

Our Mission Statement: To enhance the health and well-being of our customers, the students and staff of each building, by providing high-quality meals and a positive dining experience.

For more information, please contact the school cafeteria manager. To eliminate cash or checks being sent to the school, we accept on-site payments at www.schoolcafe.com.
Middle School
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.

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 hold 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.

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Monday, January 13, 2020

Breakfast
- Blueberry Muffin Top with a ☻ Vanilla Bear Graham Or
- Hot Oatmeal or ☻ Assorted Cold Cereal Or
- Chilled Yogurt Bar or ☻ Hard Boiled Eggs and ☻ Vanilla Bear Graham
- Country Beef Cutlet on a Bun
- Chicken and Cheese Taquitos
- Oven Baked Chicken with a ☻ Mini Combread Muffin ☻ Sandwich of the Day: Smoked Turkey & Mozzarella ☻ Baked School Fries ☻ Western Beans
- Chef Salad: Grilled Chicken Strips, Mozarella, Lettuce & Spinach Mix, & Breadcrumb

Tuesday, January 14, 2020

Breakfast
- Cinnamon Glazed French Toast Or
- Hot Peach Oatmeal or ☻ Assorted Cold Cereal Or
- Chilled Yogurt Bar or ☻ Hard Boiled Eggs and ☻ Vanilla Bear Graham
- Rotini with a ☻ Italian Meat Sauce or Marinara Sauce ☻ Mini Corn Dogs ☻ Grilled Buffalo Chicken Salad with a ☻ Breadstick ☻ Sandwich of the Day: Turkey Deli ☻ Steamed Green Beans
- Chef Salad: Smoked Turkey, White American, Lettuce & Spinach Mix, & Breadcrumb

Wednesday, January 15, 2020

Breakfast
- Glazed Raised Donut Or
- Iced Strawberry Banana Cup Or
- Hot Oatmeal or ☻ Assorted Cold Cereal Or
- Chilled Yogurt Bar or ☻ Hard Boiled Eggs and ☻ Vanilla Bear Graham
- Fish Wedge on a Bun
- Popcorn Chicken with a ☻ Breadstick ☻ Sandwich of the Day: Pastrami and White American on a Bagel ☻ Steamed Peas ☻ Sweet Potato Fries
- Chicken Caesar Salad: Grilled Chicken Strips, Lettuce & Spinach Mix, Tea Roll, Croutons, & Caesar Dressing

Thursday, January 16, 2020

Breakfast
- Colby Cheese Omelet with a ☻ Warm Biscuit or ☻ Tortilla ☻ Hot Peach Oatmeal or ☻ Assorted Cold Cereal Or
- Chilled Yogurt Bar or ☻ Hard Boiled Eggs and ☻ Vanilla Bear Graham
- Cheesy Dog on a Bun
- Baked Potato with ☻ Pulled Pork and Cheese and ☻ Tea Roll ☻ Pepperoni Pizza Style Pizza ☻ Hotdog on a Bun ☻ Cheese Pizza Style Pizza ☻ Sandwich of the Day: Turkey & American ☻ Baked Potato ☻ Steamed Fresh Broccoli
- Chef Salad: Diced Egg, White American, Lettuce & Spinach Mix & Tea Rolls

Friday, January 17, 2020

Breakfast
- Oatmeal Chipper Breakfast Round ☻ Iced Apricot Cup Or
- Hot Oatmeal or ☻ Assorted Cold Cereal Or
- Chilled Yogurt Bar or ☻ Hard Boiled Eggs and ☻ Vanilla Bear Graham
- Hearty Chili with ☻ Toasted Cheese Sandwich ☻ Pork Tenderloin on a Bun ☻ Breaded Chicken Parmesan Sandwich ☻ Sandwich of the Day: Classic ☻ Golden Corn
- Chef Salad: Turkey, American, Lettuce & Spinach Mix, Breadstick, & Tea Roll

Menu Key:
- ☻ Contains Pork
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Visit our website for nutrition information, free/reduced applications, and more about our program at www.schoolcafe.com. Medical statements can be found on our website for students requiring special meals. For more information about special menus, contact our office at 531-299-0883. 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.

This information is available in alternate formats for the visually impaired. Please call 531-299-0230 for further information.

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