

January Lunch

All students will be offered 5 components at lunch: meat/protein, bread/grain, fruit, vegetables, and milk. Students **must** select a ½ cup serving of fruit or vegetable and two other components for lunch. Students may take all 5 components.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
	11 Mac & Cheese Yogurt & Graham Crackers Broccoli Pears Catsup Ranch Dressing 	12 Mini Corn Dogs Yogurt & Graham Crackers Celery Applesauce Ranch Dressing	13 Cheeseburger Yogurt & Graham Crackers Mixed Vegetables Orange Wedges Catsup Mustard	14 Green Chili Chicken Enchiladas Yogurt & Graham Crackers Seasoned Beans Craisins Ranch Dressing Salsa
	18 Turkey Tacos w/Cheese Yogurt & Graham Crackers Celery Grapes Ranch Dressing Salsa	19 Popcorn Chicken w/Roll 2oz Yogurt & Graham Crackers BBQ Beans Apple Slices Ranch Dressing 	20 Chicken Tamale in Green Sauce Yogurt & Graham Crackers Carrots Banana Ranch Dressing	21 Deluxe Nachos Yogurt & Graham Crackers Carrots Craisins Ranch Dressing 
24 Meatballs w/Dinner Roll Yogurt & Graham Crackers Carrots Grapes Ranch Dressing	25 BBQ Chicken Sandwich Yogurt & Graham Crackers Celery Mixed Fruit	26 Combo Burrito Yogurt & Graham Crackers Broccoli Blueberries Salsa 	27 Chili Cheese Fries Yogurt & Graham Crackers Carrots w/Celery Craisins	28 *Pizza Hut Cheese Pizza Yogurt & Graham Crackers Carrots Pineapple Ranch Dressing Chocolate Cake
31 Chicken Strips w/Belly Bears Yogurt & Graham Crackers Carrots Apple Slices Ranch Dressing 				



January 11: Learn your name in Morse code day!

International Morse Code

1. The length of a dot is one unit.
2. A dash is three units.
3. The space between parts of the same letter is one unit.
4. The space between letters is three units.
5. The space between words is seven units.

A	• —	U	• • —
B	• • • —	V	• • • • —
C	• — • •	W	• — —
D	• — • •	X	• — • —
E	•	Y	• • — —
F	• • — •	Z	• — — •
G	• • • •		
H	• • • •		
I	• •		
J	• — — —		
K	• — • —	1	• — — — —
L	• • — •	2	• • — — —
M	• — —	3	• • • — —
N	• — •	4	• • • • —
O	— — —	5	• • • • •
P	• — • —	6	• — • • •
Q	• — — •	7	• — — • •
R	• — • •	8	• — — — •
S	• • •	9	• — — — —
T	• —	0	• — — — —

Menu subject to change without notice

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

*MENU ITEM CONTAINS PORK