

MENUS FOR JANUARY 2020

Fairgrounds Middle Schools

This institution is an equal opportunity provider.
Menus are subject to change.

AVAILABLE DAILY

Deli Sandwich Make to Order
Salad Lunch w/WG Bread & Protein
Yogurt Parfait w/WG Bread
WG Pizza w/Assorted Toppings

* Indicates product contains soy
w/g = Whole grain

Menu is Subject to Change

BREAKFAST SERVED
DAILY!!

Featured Specials of the Day



Welcome Back!
We hope you
enjoyed your break!

Monday, January 6

Breaded Mozzarella Cheese Sticks,
Dipping Sauce, Roasted Broccoli,
Garden Salad, Veggie Pack,
Fruit & Milk

Tuesday, January 7

Crispy Chicken Patty on W/G Bun, Baked Beans,
Sweet Corn, Garden Salad, Veggie Pack,
Milk, Juice & Fruit

Wednesday, January 8

Cheeseburger Mac N Cheese, Green Beans,
Garden Salad, Veggie Pack, Fruit & Milk

Thursday, January 9

Chicken Tenders, Baked Waffle Fries, Cole Slaw,
Sweet Peas, Garden Salad, Veggie Pack,
Milk, Juice & Fruit

Friday, January 10

Cooks Choice
Garden Salad
Veggie Pack
Fruit & Milk

Monday, January 13

Popcorn Chicken, Mashed Potato, w/g Dinner Roll
Gravy, Sweet Corn, Garden Salad, Veggie Pack,
Fruit, Milk

Tuesday, January 14

Nacho ~ Seasoned Beef, Cheese, Lett/Tom, Salsa,
Refried Beans, Garden Salad, Veggie Pack
Milk, Juice & Fruit

Wednesday, January 15

Breakfast for Lunch French Toast Sticks, Sausage Patty, Hash
Brown Patty, Garden Salad, Veggie Pack, Fruit & Milk

Thursday, January 16

Chicken Patty Sliders, Onion Rings, 3 Way Veggie Mix,
Garden Salad, Veggie Pack, Milk, Juice & Fruit

Friday, January 16

Cooks Choice
Garden Salad
Veggie Pack
Fruit & Milk

2020
Make a Resolution
To Save

Join us
every day for
convenient,
economical,
healthy meals!

Breakfast \$1.50 Lunch \$2.75

Learn more about free and reduced-price meals in our district:
603-966-1302

eat fit
wanna stay fit?
gotta eat right!

item: guacamole

verdict: the
dip-to-chip
ratio matters

tip: It's
football playoff
time, leading up to
the Super Bowl, and that means
you won't be able to avoid
guacamole if you try! So don't
try!!! Guac is a really healthy
snack, full of fiber and
nutritious plant fat. Really,
it's the chips that get you – so load up
lots of guac per chip and eat fewer chips!



Based
on 4 oz.
of guac
from a
national chain



DON'T LET THIS HAPPEN TO YOU!

IT WAS ON THE WAY TO SCHOOL, ABOUT A WEEK AFTER **HE FORGOT** ABOUT THE PEANUT BUTTER AND BANANA SANDWICH, THAT CHRIS FELT THE FIRST STIRRINGS OF **THE CHEMICAL REACTION IN HIS BACKPACK.**

NUTRITION ANALYSIS OF THIS TYPICAL SCHOOL LUNCH COMBO:

BEEF AND BEAN BURRITO
SPANISH RICE
GUACAMOLE
GRAPE TOMATOES
NONFAT CHOCOLATE MILK

TOTAL CALORIES: 709
CALORIES FROM PROTEIN: 20%
CAL. FROM CARBOHYDRATES: 52%
CALORIES FROM FAT: 28%
GOAL: 30% OR LESS FAT CALORIES

PLEASE SEE REVERSE FOR
ITEMS AVAILABLE DAILY

Featured Specials of the Day

Monday, January 27

Mikes Bites, Dipping Sauce,
Baked Waffle Fries, Green Beans,
Garden Salad, Veggie Pack,
Fruit & Milk

Tuesday, January 28

Fish Sticks, Onion Rings, Cole Slaw,
w/g Dinner Roll, Garden Salad,
Veggie Pack, Milk, Juice & Fruit

Wednesday, January 29

Boneless Chicken Wings, Mac N Cheese,
Garden Salad, Veggie Pack, Fruit & Milk

Thursday, January 30

Hamburger or Cheeseburger on a w/g Bun,
Baked Fries, Roasted Cauliflower,
Garden Salad, Veggie Pack,
Milk, Juice & Fruit

Friday, January 31

Cooks Choice
Garden Salad
Veggie Pack
Fruit & Milk

Featured Specials of the Day

Monday, January 20

No School
Martin Luther King Jr Day

Tuesday, January 21

All Beef Hot Dog, Baked Beans, Sweet Corn,
Garden Salad, Veggie Pack,
Milk, Juice & Fruit

Wednesday, January 22

Pasta Bar~ Alfredo or Meat Sauce
W/G Dinner Roll, Steamed Broccoli,
Garden Salad, Veggie Pack,
Fruit, Juice & Milk

Thursday, January 23

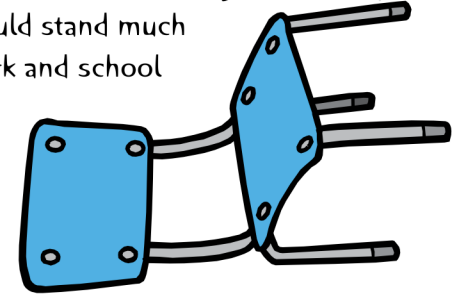
Roasted Turkey W/Gravy, Mashed Potatoes,
Green Beans, Garden Salad, Veggie Pack,
Fruit, Juice & Milk

Friday, January 24

Cooks Choice
Garden Salad
Veggie Pack ,Fruit & Milk

TAKE A STAND.

On average, adults over 45 sit for over 12 of 16 waking hours. Teens sit for 4.5 hours a day at school – and average another 7 hours of total screen time the rest of the day. Health experts say we should stand much more at work and school and try not to sit for more than 30 minutes at a stretch.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

1 NEW YEAR = 365 OPPORTUNITIES

2020

GO FOR IT.

NAME DROPPING

POST MALONE IS THE
STAGE NAME OF
AUSTIN RICHARD POST.
THE FIRST NAME IS,
OBTAINABLE, HIS GIVEN
LAST NAME. AND
MALONE? NO CRAZY
STORY -- IT CAME FROM
A RAP NAME GENERATOR.

