

# MENUS FOR JANUARY 2020

**Pennichuck Middle School**

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

Menu is Subject to Change

**BREAKFAST SERVED  
DAILY!!**

## Featured Specials of the Day



*Welcome Back!*  
*We hope you  
enjoyed your break!*

### Monday, January 6

Chicken Tender w/Dinner Roll  
Garden Salad, Carrots/Dip, Corn  
Choice of Fruit, 100% Juice, Milk

### Tuesday, January 7

Sloppy Joe\* on a Bulkie, Creamy Cole Slaw  
Garden Salad, Oven Baked Fries  
Choice of Fruit, Milk

### Wednesday, January 8

Hamburger or Cheeseburger on Bun  
Garden Salad,, Baked fries  
Choice of Fruit, 100% Juice, Milk

### Thursday, January 9

Shepard's Pie\* w/ cornbread  
Garden Salad, Steamed Broccoli  
Choice of Fruit, Milk

### Friday, January 10

Chicken Patty on w/g Bun\*- Spicy or Crispy  
Garden Salad, Carrots/Dip, Green Beans  
Choice of Fruit, 100% Juice, Milk, Cookie\*

### Monday, January 13

Chicken Fryz\* w/Seasoned Brown Rice  
Garden Salad, Sweet Potato Fries  
Choice of Fruit, Milk

### Tuesday, January 14

Mozzarella Cheese Sticks\* w/Dipping Sauce  
Garden Salad, Carrots/Dip, Green Beans  
Choice of Fruit, 100% Juice, Milk

### Wednesday, January 15

Popcorn Chicken Bowl\* w/Mashed Potatoes  
Corn & Gravy, w/g Dinner Roll  
Garden Salad  
Choice of 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

### Thursday, January 23

Fish Sticks w/ Cole Slaw  
Garden Salad, Baked Fries, Ice Cream  
Choice of Fruit, 100% Juice, Milk

### Friday, January 24

Cook's Choice

### Monday, January 27

Chicken Fryz\* w/Seasoned Brown Rice  
Garden Salad, Sweet Potato Fries  
Choice of Fruit, Milk

### Tuesday, January 28

Beef taco Boat w/Cheese, Salsa, Seasoned Meat

Lettuce, Tomatoes, Refried Beans  
Choice of Fruit, 100% Juice, Milk

### Wednesday, January 29

Grilled Cheese Sandwich w/ Tomato Soup  
Carrots & Dip  
Choice of Fruit, Milk

### Thursday, January 30

Roast Turkey W/ Gravy, Stuffing  
Mashed Potatoes, Steamed carrots  
Choice of Fruit, 100% Juice, Milk

### Friday, January 31

Hot Dog on a Roll  
Garden Salad, Fries, baked Beans  
Choice of Fruit, Milk

## Featured Specials of the Day

### Thursday, January 16

Spaghetti w/ Meat sauce & Garlic Toast  
Garden Salad, Green Beans  
Choice of Fruit, 100% Juice, Milk

### Friday, January 17

Cook's Choice

### Monday, January 20

No School

### Martin Luther King Jr Day

### Tuesday, January 21

Mozzarella Cheese Sticks\* w/Dipping Sauce  
Garden Salad, Carrots/Dip, Broccoli  
Choice of Fruit, 100% Juice, Milk

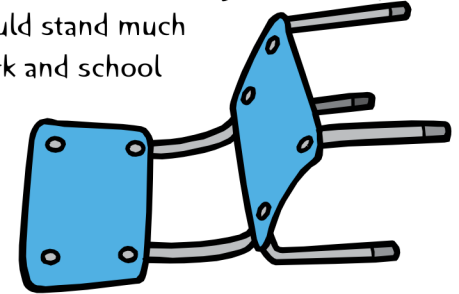
### Wednesday, January 22

Fajita Chicken on a Wrap  
Rice Pilaf, Garden Salad  
Salsa, Cheese, corn.  
Choice of Fruit, Milk

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# 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.

