



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

## **Available Daily**

Lunch:

Breakfast (in blue):

**Assorted Cereal** 

Choice of Low Fat Milk

100% Fruit Juice

Choice of Low Fat Milk

COUNTY SCHOOLS NUTRITION

\*Pork products listed in pink. HENRY

**School Meal Prices** School School Breakfast Lunch \$1.25 \$2.50 Students Grades K-5 Students Grades 6-12 \$1.25 \$2.60 Student Reduced-\$0.30 \$0.40 **Priced Meals** \$3.50 Student Second \$2.25 Meals \$0.50 \$0.50 MILK ONLY **Adult Meals** \$2.25 \$3.50

### Featured Specials of the Day

#### **Monday, January 8**

Blueberry Mini Pancakes, Mini Cinnamon Bagels, 1.BBQ Sandwich, 2.Mini Corn Dogs, Carrot Sticks w/ Ranch, **Baked Beans. Sliced Pears** 

### **Tuesday, January 9**

WG Muffin w/ Yogurt, Breakfast Bun

1.Cheeseburger, 2.Deli Turkey Sandwich, 3.Garden Salad w/ Chicken, Seasoned Fries, Lettuce & Tomatoes, Celery Sticks, Sliced Peaches

### Wednesday, January 10

Pancakes & Sausage, Assorted Cereal,

1.Chicken Nuggets w/ Roll 2. PBJ/Wow Sandwich w/ Chips 3. Crispitos, Salsa, Steamed Broccoli, Mashed Potatoes, Fresh Apple

### Thursday, January 11

Blueberry Pancake Stick, Assorted Cereal, 1.Teriyaki Chicken & Rice, 2.PBJ/Wow Sandwich w/ Chips, Sweet Peas, Carrot Sticks w/ Ranch Frozen Juice Cup

### Friday, January 12

Chicken Biscuit, Assorted Cereal,

1.Stuffed Crust Pizza, 2.PBJ/Wow Sandwich w/ Chips, 3. Corn Dog, Whole Kernel Corn, Garden Salad w/ Ranch, 100%Fruit Juice

Introducing: Our New School Meal Payment System, Click LINQ Below or visit: lingconnect.com

### LINQ Connect

# Take at least ONE

and of least Th items total so your meal counts as a complete lunch!

### Featured Specials of the Day

Monday, January 15 No School, Martin L. King Jr. Birthday

#### Tuesday, January 16

WG Muffin w/ Yogurt, Apple Cinnamon Toast, 1.Spicy Chicken Sandwich 2.Chicken Sandwich, 3.Garden Salad w/ Chicken, Potato Tots, Garden Salad **Applesauce** 

### Wednesday, January 17

Sausage Biscuit, Assorted Cereal,

1.Popcorn Chicken w/ Roll, 2. PBJ/Wow Sandwich w/ Chips, 3. Grilled Cheese Sandwich, Steamed Broccoli, Mashed Potatoes, Fresh Apple

### Thursday, January 18

Breakfast Pizza, Frosted Breakfast Pastry,

1.Beefy Nachos 2.PBJ/Wow Sandwich w/ Chips, Salsa, Black Beans, Carrot Sticks w/ Ranch, Frozen Juice Cup

### Friday, January 19

Chicken Biscuit, Assorted Cereal,

1.Stuffed Crust Pizza, 2.PBJ/Wow Sandwich w/ Chips, 3. Hot Dog, Whole Kernel Corn, Garden Salad w/ Ranch, 100%Fruit Juice



Pro Football
playoffs start
Saturday, Jan. I3.
What team will
wear the crown
on Super Bowl
Sunday?

### Featured Specials of the Day

#### Monday, January 22

Strawberry Mini Pancakes, Breakfast Bun
1.Crispitos 2.MaxSnax Tacos, Salsa, Black Beans,
Carrot Sticks w/ Ranch, Pineapple Tidbits

### Tuesday, January 23

WG Muffin w/ Yogurt, Breakfast Frudel,

1.Cheeseburger, 2.Deli Turkey Sandwich, 3.Garden Salad
w/ Chicken, Seasoned Fries, Lettuce & Tomatoes,

Sliced Peaches

### Wednesday, January 24

Sausage Biscuit, Assorted Cereal,

1.Chicken Nuggets w/ Roll 2. PBJ/Wow Sandwich w/ Chips 3.Ravioli w/ Roll, Steamed Broccoli, Mashed Potatoes, Fresh Apple

#### **Thursday, January 25**

Mini Pancake Wraps, Frosted Breakfast Pastry,
1.Spaghetti w/ Garlic Toast, 2.PBJ/Wow
Sandwich w/ Chips. 3. Chicken Sandwich Carrot Sticks w/
Ranch, Green Beans, Frozen Juice Cup

#### Friday, January 26

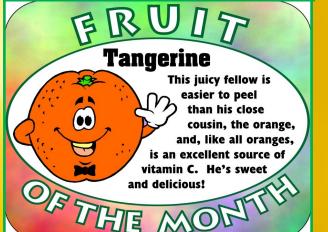
Chicken Biscuit, Assorted Cereal, 1.Stuffed Crust Pizza, 2.PBJ/Wow Sandwich w/ Chips, 3. Corn Dog, Whole Kernel Corn, Garden Salad w/ Ranch, 100%Fruit Juice

### GREAT STARTS.

A fast start is so important. And what better way to start the New Year than by starting each NEW DAY with a healthy, complete breakfast? You'll have more energy, be more alert, and feel full through the morning!

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





### Featured Specials of the Day

### Monday, January 29

Pancakes & Sausage, Assorted Cereal,

1.BBQ Sandwich, 2.Mini Corn Dogs, Carrot Sticks w/ Ranch, Baked Beans, Tangerine

### Tuesday, January 30

WG Muffin w/ Yogurt, Apple Cinnamon Toast
1.Sloppy Joe Sandwich 2.Spicy Chicken Sandwich,
3.Garden Salad w/ Chicken, Garden Salad w/ Ranch,
Potato Tots, Applesauce

### Wednesday, January 31

Sausage Biscuit, Assorted Cereal,

1.Chicken Alfredo w/ Roll, 2.PBJ/Wow Sandwich w/ Chips 3.Popcorn Chicken w/ Roll, Steamed Broccoli, Mashed Potatoes, Fresh Apple

### Thursday, February 1

Manager's Choice, Frosted Breakfast Pastry,

1.Orange Chicken & Rice, 2.PBJ/Wow Sandwich w/ Chips, Sweet Peas, Carrot Sticks w/ Ranch Frozen Juice Cup

#### Friday, February 2

Chicken Biscuit, Assorted Cereal, 1.Stuffed Crust Pizza, 2.PBJ/ Wow Sandwich w/ Chips, 3. Hot Dog, Whole Kernel Corn, Garden Salad w/ Ranch, 100%Fruit Juice



every day for convenient, economical, healthy meals!

Student Lunch

Elementary

Secondary

**\$2.50** 

**52.60**