



JANUARY 2024
Springdale Junior/Senior
High School

**YOU'RE
GOOD**

School



ALL STUDENTS EAT ALL MEALS @

NO COST ALL YEAR LONG

Making a Complete Meal

A school lunch consist of 5 components:
Protein, Vegetables, Grains, Fruit and Milk.
Please choose at least 3 components to
make a reimbursable meal.

Under the new guidelines, one of your
selections must include a serving of
fruit or vegetable.

*All lunches include choice of milk.

Wednesday, January 3

Line 1: Double Burger with Baked Fries

Line 2: Baked Hoagie or Pizza

Thursday, January 4

Line 1: BBQ Rib with Mac & Cheese

Line 2: Chicken Sandwich or Pizza

Friday, January 5

Line 1: BOSCO Sticks with Pizza sauce

Line 2: Deli Hoagie or Chef's Salad

Monday, January 8

Line 1: Chicken Sandwich with Waffle Fries

Line 2: Baked Hoagie or Pizza

Tuesday, January 9

Line 1: Beef & Cheese Nachos

Line 2: Chicken Tenders with baked Fries

Wednesday, January 10

Line 1: Pasta & Meatball with Breadstick

Line 2: Cheeseburger with Baked Fries

Thursday, January 11

Line 1: Grilled Cheese with Soup Cup

Line 2: Chicken Sandwich or Pizza

Friday, January 12

Line 1: Mac & Cheese with Dinner Roll

Line 2: Buffalo Chicken Wrap or Pizza

NUTRITION TO GO

Not too many decades ago, Chinese food was an exotic cuisine in most parts of America. Today, we spend over \$15 billion a year at more than 40,000 Chinese restaurants in the U.S.

About half of the Chinese-born people who live in America have owned, operated, or worked in a Chinese restaurant at some point in their time here.

A QUICK BITE FOR TEENS



Pro Football playoffs start Saturday, January 13. What team will wear the crown on Super Bowl Sunday?

Breakfast:

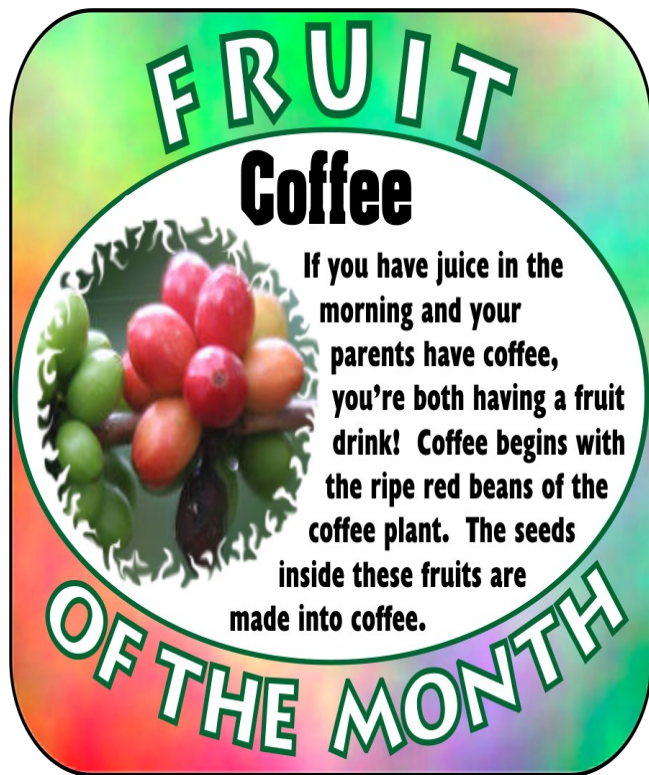
Choose at least 3 of the 4 available components

Daily breakfast entrée or variety of alternate choices

Fruit Choice or 100% Fruit Juice

Fat-Free & Low-Fat Milk

Serving Times: 7:20am to 7:45am



Tuesday, January 16

Line 1: Chicken Fajita with Rice
Line 2: Chicken Sandwich or Pizza

Wednesday, January 17

Line 1: French Toast with Sausage & Potato
Line 2: Chicken Tender with Baked Fries

Thursday, January 18

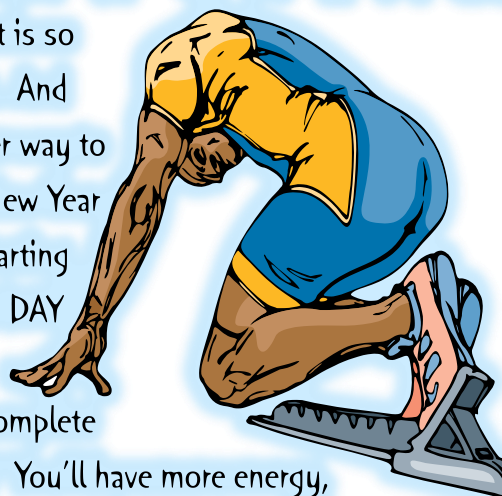
Line 1: Popcorn Chicken Bowl with Biscuit
Line 2: Cheeseburger or Pizza

Friday, January 19

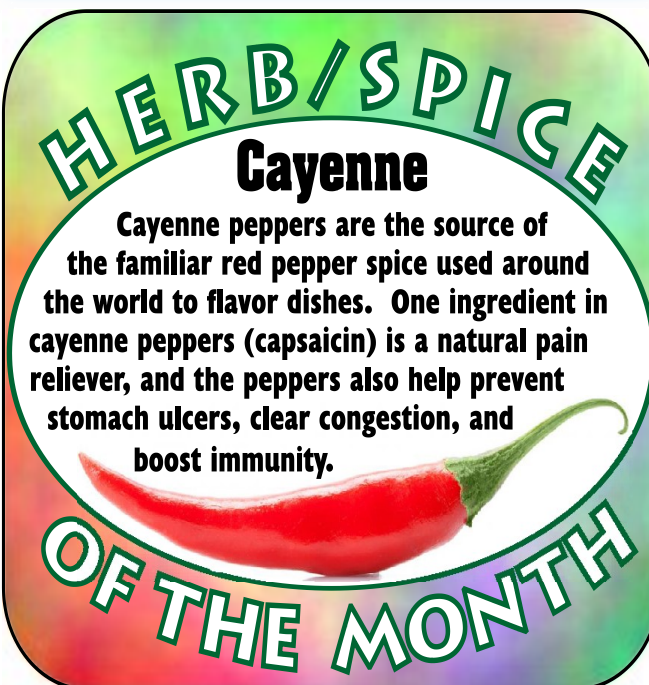
Line 1: Double Burger with Baked Fries
Line 2: Baked Hoagie or Pizza

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!



Monday, January 22

Line 1: Sweet Sausage Hoagie
Line 2: Baked Hoagie or Pizza

Tuesday, January 23

Line 1: Beef Taco with Spanish Rice
Line 2: Chicken Tenders or Pizza

Wednesday, January 24

Line 1: Spicy Chicken Croissant Sandwich
Line 2: Cheeseburger or Pizza

Thursday, January 25

Line 1: Hot Dogs with Tater Tots
Line 2: Chicken sandwich or Pizza

Friday, January 26

Line 1: Italian Dunker with Pizza Sauce
Line 2: Deli Hoagie or Chef's Salad

Monday, January 29

Line 1: Steak Burger with Baked Fries
Line 2: Baked Hoagie or Pizza

Tuesday, January 30

Line 1: Beef & Cheese Nachos
Line 2: Chicken Tenders with Baked Fries

Wednesday, January 31

Line 1: Orange Asian Chicken with Rice
Line 2: Cheeseburger with Baked Fries