

STUCK.

We're stuck on added sugar, and it sticks us with all kinds of health problems, like obesity, diabetes, tooth decay, heart disease, and much more. Added sugar is everywhere -- in our soda cups, ketchup bottles, cereal boxes, and on our ice cream sticks, too. Know what you're getting into: check your food and drinks for added sugar!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

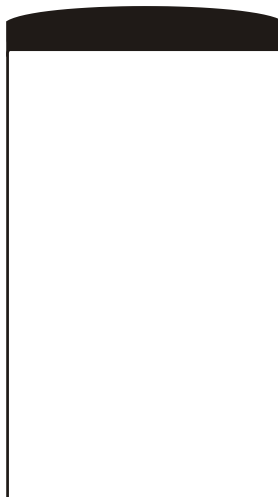
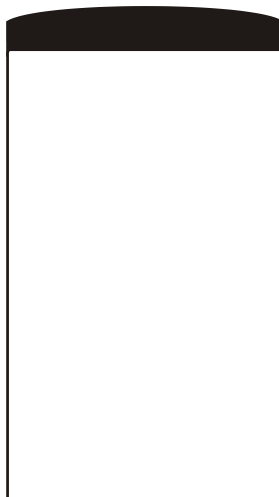
WELLNESS IS A WAY OF LIFE!

LICENSE TO KRILL

Penguins love to gobble krill (tiny shrimp-like creatures), and they also eat squid and fish. Various species of penguins prefer different types of food and hunt at different levels in the water, which reduces competition for food. A penguin chick is fed by both its mother and father until it can hunt for itself.



ANIMAL APPETITES



Thursday, January 5

Breakfast
Mixed fruit, Cereal, Raisin Toast, Milk

Lunch
Hamburger Patty, Brown Rice, Green Beans, Dinner Roll, Pears

Friday, January 6

Breakfast
Peaches, Flapstick, Juice, Milk

Lunch
Corn Dog, Orange, Baked Beans, Carrot Sticks, Milk

WELCOME BACK!
From the
FOOD SERVICES STAFF

Ms. LaTarsha Williams
Mrs. Hazel Metts
Mrs. Corlis Woods

Monday, January 9

Breakfast
Muffins, Blueberries, Juice, Milk

Lunch
Grilled Cheese Sandwich, Veggie Soup, Sliced Pears, Milk

Tuesday, January 10

Breakfast
Biscuit, Sausage Patty, Orange Slices, Milk

Lunch
Chicken Nuggets, Grapes, Dinner Roll, Mashed Potatoes, Broccoli, Milk

Wednesday, January 11

Breakfast
Bagel, Egg Patty, Apple sauce, Juice, Milk

Lunch
Ham Sandwich, Apples, Carrot Sticks, Sun Chips, Milk

Thursday, January 12

Breakfast
Flapstick, Honey dew Melon, Milk

Lunch
Hot Dog, Mixed Fruit, Baked Beans, Cole Slaw, Milk

Friday, January 13

Breakfast
Raisin Toast, Banana, Cereal, Juice Milk

Lunch
Chicken Salad w/ Lettuce & Cucumber slices, Dinner Roll, Mandarin

FREE MEALS FOR ALL STUDENTS

Menu is subject to change