



Menu
JANUARY 2021
 Springdale Junior / Senior
 High School

**FREE
 Breakfast & Lunch
 Meals for all students**

The USDA has extended the
FREE meals program for all
 enrolled students through the
 end of June 2021.

*Ala Carte and Extra Items
 Not Included

NUTRITION TO GO

**You can't always judge sodium
 content by taste alone. Bread and
 breakfast cereal often contain as
 much sodium as potato chips - just
 look at the nutrition label. And at
 many fast food joints, the
 sandwiches actually contain
 more sodium than the french
 fries. Go to their web site
 and check it out!**

A QUICK-BITE FOR TEENS

Featured Special of the Day

Tuesday, January 19

Menu Line: Breaded Chicken Patty Sandwich

Alternate Line: Pizza Slice

Thursday, January 21

Menu Line: Twin Grilled Hot Dogs

Alternate Line: Cheeseburger

Friday, January 22

Menu Line: Twin Grilled Hot Dogs

Alternate Line: Cheeseburger

Monday, January 25

Menu Line: Grilled Chicken Hoagie

Alternate Line: Pizza Slice

Tuesday, January 26

Menu Line: Grilled Chicken Hoagie

Alternate Line: Pizza Slice

Thursday, January 28

Menu Line: Breaded Corn Dog Nuggets

Alternate Line: Pizza Slice

Friday, January 29

Menu Line: Breaded Corn Dog Nuggets

Alternate Line: Pizza Slice

**STRANGE
 BUT TRUE!**



A TIGER
 DOESN'T JUST HAVE
 STRIPED FUR - ITS **SKIN** IS
 STRIPED, TOO, AND IN THE **EXACT**
SAME PATTERN! A TIGER'S
 STRIPES ARE LIKE A FINGERPRINT - NO
 TWO TIGERS HAVE EXACTLY THE SAME STRIPES!



CAN IT.

Research continues to show
 that drinking regular soda has
 zero upside for your health
 and plenty of down-side.
 Why not make this the year
 you "can" your sugary soda
 habit? And satisfy your
 sweet tooth with fresh fruit!

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

Breakfast:

Choose at least 3 of the 4 available
 components

Daily breakfast entrée or variety of
 alternate choices

Fruit Choice or 100% Fruit Juice

Flavored or White Low-Fat Milk