

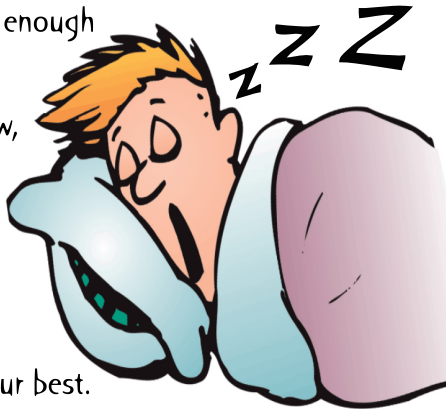


JANUARY 2025

Springdale Junior/Senior High School

SWEET DREAMS.

Most adults need 7-8 hours of sleep a day, but infants need 16 and teens still need at least 9. If you don't get enough sleep several nights in a row, you'll have a "sleep debt" and need to catch up to perform at your best.



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



Pro Football playoffs start Saturday, Jan. 11. What team will wear the crown on Super Bowl Sunday?

Thursday, January 2

Line 1: Cheeseburger with Baked Fries

Line 2: Baked Hoagie or Pizza

Friday, January 3

Line 1: Popcorn Chicken with Mac & Cheese

Line 2: Buffalo Chicken Bites

Monday, January 6

Line 1: Chicken Tenders with Whipped Potatoes

Line 2: Cheeseburger with Baked Fries

Tuesday, January 7

Line 1: Beef & Cheese Nachos

Line 2: Chicken Sandwich with Baked Fries

Wednesday, January 8

Line 1: Chicken Alfredo with Toasted Breadstick

Line 2: Hot Dogs or Pizza

Thursday, January 9

Line 1: Double Burger with Baked Fries

Line 2: Garlic Cheese French Bread Pizza

Friday, January 10

Line 1: Italian Dunkers with Pizza Sauce

Line 2: Deli Hoagie or Chef's Salads

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @

NO COST ALL YEAR LONG

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

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.

Monday, January 13

Line 1: Spicy Honey Chicken & Waffle Fries
Line 2: Baked Hoagie or Pizza

Tuesday, January 14

Line 1: Soft Shell Taco with Spanish Rice
Line 2: Chicken Tenders with Baked Fries

Wednesday, January 15

Line 1: Asian Chicken with Rice & Broccoli
Line 2: Cheeseburger with Baked Fries

Thursday, January 16

Line 1: BBQ Rib Sandwich with Mac & Cheese
Line 2: Corn Dog Nuggets or Pizza

Friday, January 17

Line 1: BOSCO Sticks with Pizza Sauce
Line 2: Deli Hoagie or Chefs Salads

Tuesday, January 21

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

Wednesday, January 22

Line 1: Pasta & Meatballs with Breadstick
Line 2: Cheeseburger with Baked Fries

Thursday, January 23

Line 1: Chicken Parmesan Sandwich
Line 2: Baked Hoagie or Pizza

Friday, January 24

Line 1: Grilled Cheese Sandwich & Soup
Line 2: Ham & Cheese on a Pretzel Bun

Monday, January 27

Line 1: Southern Chicken with Waffle Fries
Line 2: Baked Hoagie or Pizza

Tuesday, January 28

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

Wednesday, January 29

Line 1: Popcorn Chicken Bowl & Biscuit
Line 2: Cheeseburger with Baked Fries

Thursday, January 30

Line 1: Turkey & Gravy with Potatoes
Line 2: Chicken Sandwich or Pizza

Friday, January 31

Line 1: Popcorn Chicken with Curly Fries
Line 2: Garlic Cheese French Bread Pizza

**Just be glad it's 2024
and not 46 B.C.**



You think the school year seems long? By the time Julius Caesar reformed the calendar in 46 B.C., it was so out of whack that he had to make that year 455 days long to get everything lined up again! Now, *that's* a long school year!

Welcome Back!

NUTRITION TO GO

Trying to cut down on added sugar? Foods like pastry would be a good place to start. A large cinnamon bun from a national chain has 59 grams of added sugar (double the maximum recommended daily amount). But a 44 ounce fountain soda contains 128 grams -- more than twice as much added sugar as the cinnamon bun!

A QUICK BITE FOR TEENS

FRUIT

Coconut

In the tropics, coconut has long been prized for its "meat," as well as for the water found inside and the oil made from the fruit.

Coconut is rich in vitamins and minerals, including B-vitamins, iron, potassium, calcium, and healthy fats.

OF THE MONTH

