



# YOU'RE GOOD



## ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

JANUARY 2022  
MENU  
Springdale Junior/Senior  
High School

### Featured Specials of the Day

**Monday, January 3**

Menu Line: Chicken Tenders with Whipped Potatoes

Alternate Line: Pizza Slice or Hamburger

**Tuesday, January 4**

Menu Line: Beef & Cheese Nachos

Alternate Line: Pizza Slice or Chicken Nuggets

**Wednesday, January 5**

Menu Line: BBQ Rib Sandwich with Mac & Cheese

Alternate Line: Pizza Slice or Chicken Sandwich

**Thursday, January 6**

Menu Line: Grilled Cheese with Soup Cup

Alternate Line: Pizza Slice or Corn Dog Nuggets

**Friday, January 7**

Menu Line: Italian Dunkers with Pizza Sauce

Alternate Line: Chicken Tenders or PB&J Sandwich

### 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

Serving Times:  
7:10am to 7:40am

### 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.

### Featured Specials of the Day

**Monday, January 10**

Menu Line: Double Burger with Dynamo Sauce

Alternate Line: Pizza Slice or Chicken Tenders

**Tuesday, January 11**

Menu Line: Soft Shell Beef & Cheese Taco

Alternate Line: Pizza Slice or Chicken Sandwich

**Wednesday, January 12**

Menu Line: Toasted Italian Hoagie

Alternate Line: Pizza Slice or Cheeseburger

**Thursday, January 13**

Menu Line: Popcorn Chicken Bowl

Alternate Line: Pizza Slice or Deli Hoagie

**Friday, January 14**

Menu Line: Pepperoni Roll with Pizza Sauce Cup

Alternate Line: Deli Hoagie or PB&J Sandwich

## VEGETABLE Eggplant



Eggplant is so-called because the first ones to arrive in Europe were white and egg-shaped, unlike the glossy purple ones we know.

Eggplant is very low in calories and fat, but it absorbs far more fat in cooking than most other veggies.

## OF THE MONTH

## Featured Specials of the Day

**Tuesday, January 18**

Menu Line: Chicken Fajita with Rice  
Alternate Line: Pizza Slice or Cheeseburger

**Wednesday, January 19**

Menu Line: Pasta with Toasted Breadstick  
Alternate Line: Pizza Slice or Corn Dogs

**Thursday, January 20**

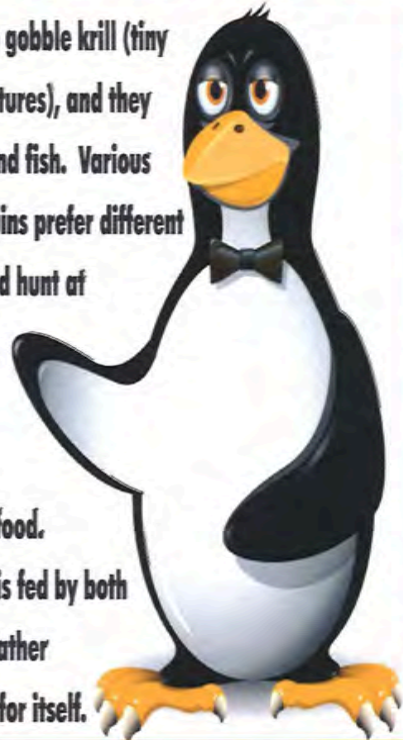
Menu Line: Spicy Chicken Sandwich with Cheesy Potatoes  
Alternate Line: Pizza Slice or Burger

**Friday, January 21**

Menu Line: Steak-n-Cheese Hoagie  
Alternate Line: Pizza Slice or Chicken Sandwich

## 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.



## Featured Specials of the Day

**Monday, January 24**

Menu Line: Chicken & Cheddar Sandwich  
Alternate Line: Pizza Slice or Cheeseburger

**Tuesday, January 25**

Menu Line: Beef & Cheese Nachos  
Alternate Line: Pizza Slice or Chicken Nuggets

**Wednesday, January 26**

Menu Line: French Toast with Sausage & Potatoes  
Alternate Line: Pizza Slice or Deli Hoagie

**Thursday, January 27**

Menu Line: Meatball Hoagie with Buttered Noodles  
Alternate Line: Pizza Slice or Chicken Sandwich

**Friday, January 28**

Menu Line: BOSCO Sticks with Pizza Sauce Cup  
Alternate Line: Deli Hoagie or PB&J Sandwich

**Monday, January 31**

Menu Line: BBQ Chicken & Cheddar Hoagie  
Alternate Line: Pizza Slice or Burger

## BY THE NUMBERS

EVERY TON OF RECYCLED PAPER SAVES  
17 TREES, EACH OF WHICH CAN ABSORB  
13 POUNDS OF CARBON DIOXIDE A YEAR

## ANIMAL APPETITES

## DO IT FOR YOU, TOO.

Volunteering isn't just good for those who might need your help -- it's good for you, too. Serving as a volunteer has been shown to improve self-



confidence, teach job skills, combat depression, and increase physical activity among volunteers of all ages. That's a wellness win-win!

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