



# January High School Menu

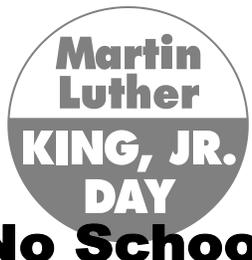


**SCHOOL LUNCH IS "MY PLATE"**

A school lunch is loaded with fruits and veggies that fill half "the Plate".

**SCOTTIE BREAK!**

**Freeman Nutrition Services ... "Making the Right Food Choices Together."**

<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Winter Break	Winter Break	Croissant Egg omelet	Cinni Mini Roll String Cheese or Sunflower Seeds	Soft Pretzel w/ Cheese
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Breakfast Granola Round Smoothie of the Day!	Bagel w/ Cream Cheese	<u>LATE START</u>  EAT HEALTHY BREAKFAST AT HOME	Turkey Sausage Breakfast Pizza	Waffles (Fruit and Whipped Topping)
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
	Cinnamon Soft Pretzel Smoothie of the Day!	Bagel w/ Cream Cheese or Jelly Egg Patty	Egg McFreeman	Mini Pancakes Sausage Patty (Fruit and Whipped Topping)
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Donuts! Smoothie of the Day!	Egg McFreeman	<u>LATE START</u>  EAT HEALTHY BREAKFAST AT HOME	Bagel Breakfast Pizza	



Our salad bar is available daily for students to enjoy!

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Freeman Nutrition Services ... "Making the Right Food Choices Together."

<p><b>30</b></p> <p>Breakfast Granola Round Smoothie of the Day!</p>	<p><b>31</b></p> <p>Egg McFreeman</p>			