

January
2025

*This institution is an
equal opportunity
provider. Menus are
subject to change.*

Liberty Elementary

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!

YOU'RE GOOD



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

Stephens County Nutrition Department

WELCOME BACK!
Happy New Year

Students:

Breakfast-No Charge
Lunch-No Charge

Daily Options:

PBJ Sandwich,
String Cheese, Grain,
Daily Fruit/Veggie Choices
or
Protein Power Pack
w/Yogurt, String Cheese,
Grain, & Daily Fruit/Veggie Choices

All meals include milk choice

Harvest of the Month
Greens/Collards



Market conditions, delivery, and availability of food
may require changes in menu.

Monday, January 6

Breakfast

Toaster
Pastry

Lunch

Mini Corn Dogs
Baked Beans
Potato Smiles
Fruit

Tuesday, January 7

Breakfast

Sausage
Biscuit

Lunch

Walking Taco
w/Salsa, Lettuce/
Cheese
Corn
Black Beans
Fruit

Wednesday, January 8

Breakfast

Breakfast
Pullapart

Lunch

Steak Fingers
w/Roll
Broccoli
Mashed Potatoes
Fruit

Thursday, January 9

Breakfast

Pancake
Pup

Lunch

Rotini Pasta
w/ Meat Sauce
Garlic Bread
Glazed Carrots
Veggie Dipper
Fruit

Friday, January 10

Breakfast

Chicken
Biscuit

Lunch

Pizza
Garden Salad
Corn Cob
Fruit

Monday, January 13

Breakfast

Cinni
Minni

Lunch

Chicken Sandwich
Veggie Dipper
Potato Wedges
Fruit

Tuesday, January 14

Breakfast

Sausage
Biscuit

Lunch

Taco Quesadilla
w/Salsa, Cheese
Black Beans
Corn
Fruit

Wednesday, January 15

Breakfast

Breakfast
Strudel

Lunch

Chili w/Beans
Breadstick
Baked Potato
Broccoli
Fruit

Thursday, January 16

Breakfast

Fruit Smoothie
w/Cracker

Lunch

Chicken Nuggets
w/Roll
Collard Greens
Pinto Beans
Mac N Cheese
Fruit

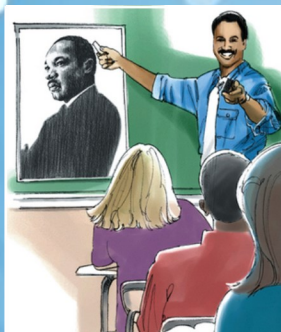
Friday, January 17

Breakfast

Egg Cheese
Biscuit

Lunch

Rippinz Pizza
w/Marinara
Garden Salad
Corn
Fruit



School will be closed
Monday, January 20
in recognition of
Martin Luther King, Jr.'s
birthday.

Tuesday, January 21

Breakfast

Breakfast
Bun

Lunch

Cheeseburger
Baked Beans
French Fries
Fruit

Wednesday, January 22

Breakfast

Sausage
Biscuit

Lunch

Grilled Chz
Sandwich
Tomato Soup
Veggie Dippers
Fruit

Thursday, January 23

Breakfast

Waffles

Lunch

Popcorn Chicken
w/ Asian Rice
Spring Roll
Broccoli
Fruit

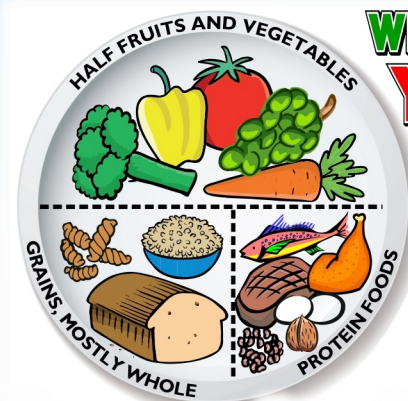
Friday, January 24

Breakfast

Chicken
Biscuit

Lunch

Pizza
Garden Salad
Corn Cob
Fruit

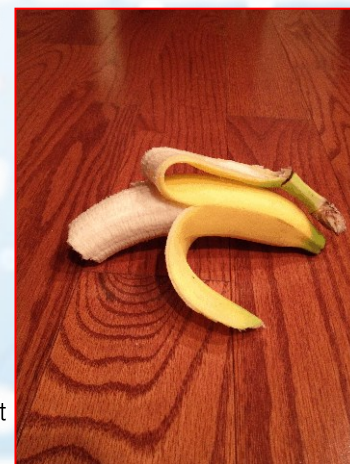


What's on
YOUR
plate?



Leave it alone.

You've heard of the
"5 second rule,"
right? Don't buy it.
Believe it or not,
germs don't observe
a waiting period, so
there is no "safe"
amount of time for
food to be on the
floor. If you can't
wash it off, don't put it
back on your plate!



Learn more at www.CHOOSEMYPLATE.gov or
http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, January 27

Breakfast

Muffin

Lunch

BBQ Sandwich
Baked Beans
Tator Tots
Applesauce

Tuesday, January 28

Breakfast

Sausage
Biscuit

Lunch

Brunch
for
Lunch

Wednesday, January 29

Breakfast

Breakfast
Pizza

Lunch

Fish Sticks
Texas Toast
Black Eyed Peas
Broccoli
Fruit

Thursday, January 30

Breakfast

Mini
Pancakes

Lunch

Chicken Drumstick
w/Roll
Green Beans
Mashed Potatoes
Fruit

Friday, January 31

Breakfast

Steak
Biscuit

Lunch

Pizza Stix
w/Marinara
Garden Salad
Corn
Fruit

★ ★ ★ ★ **OUR NATION'S HISTORY** ★ ★ ★ ★

On January 31, 1865 – 160 years ago this month – Congress passed the 13th Amendment to the Constitution, outlawing slavery forever in the United States. The passage of the 13th Amendment culminated a great effort by President Abraham Lincoln and his cabinet and their allies in and out of Congress and ended centuries of enslavement for millions of Africans and African-Americans in the U.S. A great retelling of the story of the 13th Amendment is the film "Lincoln," by director Steven Spielberg.

★ ★ ★ ★ **WITH LIBERTY & JUSTICE FOR ALL** ★ ★ ★ ★

Brain Ticklers

What do you get when you cross a snowman with a vampire bat?

(Hold the page upside down and read it in a mirror for the answer!)

Flösbjörk