

January
2025

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

Toccoa 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

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
Breakfast
Variety

Lunch
Mini Corn Dogs
Baked Beans
Potato Smiles
Fruit

Tuesday, January 7

Breakfast
Breakfast
Variety

Lunch
Walking Taco
w/Salsa, Lettuce/
Cheese
Refried Beans
Fruit

Wednesday, January 8

Breakfast
Breakfast
Variety

Lunch
Steak Fingers
w/Roll
Broccoli
Mashed Potatoes
Fruit

Thursday, January 9

Breakfast
Breakfast
Variety

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

Friday, January 10

Breakfast
Breakfast
Variety

Lunch
Pizza
Garden Salad
Corn Cob
Fruit

Monday, January 13

Breakfast
Breakfast
Variety

Lunch
Brunch
for
Lunch

Tuesday, January 14

Breakfast
Breakfast
Variety

Lunch
Taco Quesadilla
w/Salsa, Cheese
Black Beans
Corn
Fruit

Wednesday, January 15

Breakfast
Breakfast
Variety

Lunch
Chili w/Beans
Breadstick
Baked Potato
Broccoli
Fruit

Thursday, January 16

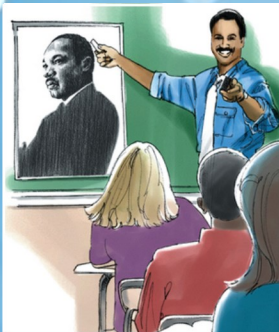
Breakfast
Breakfast
Variety

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

Friday, January 17

Breakfast
Breakfast
Variety

Lunch
Pizza Bites
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
Variety

Lunch
Cheeseburger
Baked Beans
French Fries
Fruit

Wednesday, January 22

Breakfast
Breakfast
Variety

Lunch
Grilled Chz
Sandwich
Tomato Soup
Veggie Dippers
Fruit

Thursday, January 23

Breakfast
Breakfast
Variety

Lunch
Popcorn Chicken
w/ Asian Rice
Spring Roll
Veggie Blend
Fruit

Friday, January 24

Breakfast
Breakfast
Variety

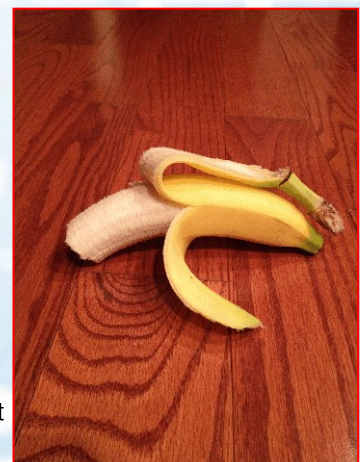
Lunch
Rippinz Pizza
w/Marinara
Garden Salad
Corn
Fruit



**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
Breakfast
Variety

Lunch
Mini Corn Dogs
Baked Beans
Potato Smiles
Fruit

Tuesday, January 28

Breakfast
Breakfast
Variety

Lunch
Chicken Tender
w/Roll
Green Beans
Mashed Potatoes
Fruit

Wednesday, January 29

Breakfast
Breakfast
Variety

Lunch
Fish Sticks
Texas Toast
Black Eyed Peas
Broccoli
Fruit

Thursday, January 30

Breakfast
Breakfast
Variety

Lunch
Chicken Sandwich
Lettuce, Tomato
Carrot Dippers
Tator Tots
Fruit

Friday, January 31

Breakfast
Breakfast
Variety

Lunch
Stuffed Crust
Pizza
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!)

Fl03p13r