

January
2025

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

SCMS § 5GA

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 &

Daily Fruit/Veggie Choices

or

Protein Power Pack

with 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

Lunch

Mini Corn Dogs
Baked Beans
Potato Smiles
Fruit

Tuesday, January 7

Lunch

Cowboy Nachos
w/Salsa, Cheese
Spanish Rice
Black Beans
Corn
Fruit

Wednesday, January 8

Lunch

Country Fried
Steak
w/Roll
English Peas
Mashed Potatoes
Fruit

Thursday, January 9

Lunch

General Tso's
Chicken
w/ Asian Rice
Spring Roll
Veggie Blend
Fruit

Friday, January 10

Lunch

Pizza Variety
Garden Salad
Corn
Fruit

Monday, January 13

Lunch

Brunch
for
Lunch

Tuesday, January 14

Lunch

Taco Quesadilla
w/Salsa, Cheese
Black Beans
Corn
Fruit

Wednesday, January 15

Lunch

Chili w/Beans
Breadstick
Baked Potato
Broccoli
Fruit

Thursday, January 16

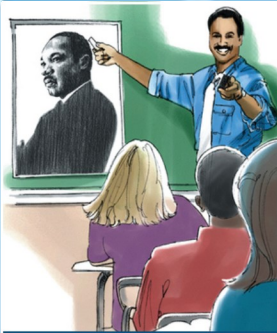
Lunch

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

Friday, January 17

Lunch

Rippinz Pizza
Garden Salad
Corn
Fruit



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

Tuesday, January 21

Lunch

Cheeseburger
Baked Beans
French Fries
Fruit

Wednesday, January 22

Lunch

Beef Nachos
w/Salsa, Cheese
Spanish Rice
Black Beans
Corn
Fruit

Thursday, January 23

Lunch

Chicken Drumstick
w/Roll
Broccoli
Mashed Potatoes
Fruit

Friday, January 24

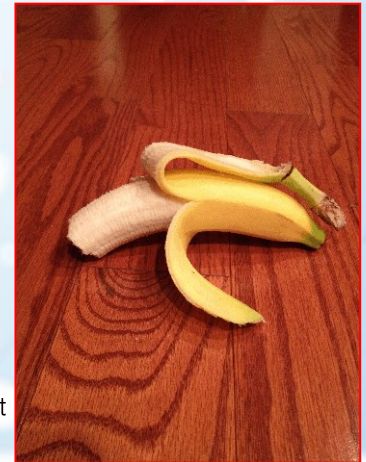
Lunch

Pizza Variety
Garden Salad
Corn
Fruit



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

Lunch

Hot Dog
Baked Beans
Tator Tots
Fruit

Tuesday, January 28

Lunch

Chicken Fajita
Nachos
Chips/Queso
w/Salsa, Cheese
Spanish Rice
Black Beans
Corn
Fruit

Wednesday, January 29

Lunch

Spaghetti/w Meat
Sauce
Glazed Carrots
Garlic Knot
Green Beans
Fruit

Thursday, January 30

Lunch

Chicken Sandwich
Lettuce, Tomato
Veggie Dippers
Potato Wedges
Fruit

Friday, January 31

Lunch

Pizza Variety
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