

January  
2025

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

SCHS

## 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**

Hamburger or  
Mini Corn Dogs  
Baked Beans  
Tator Tots  
Fruit

**Tuesday, January 7**

### **Lunch**

Chicken Fajita  
Nachos w/Topping  
Bar  
Chips/Queso  
Spanish Rice  
Black Beans  
Corn Cob  
Fruit

**Wednesday, January 8**

### **Lunch**

Spaghetti w/  
Meatsauce  
Garlic Toast  
Glazed Carrots  
Green Beans  
Fruit

**Thursday, January 9**

### **Lunch**

Nashville Chicken  
Bites  
w/Roll  
Roasted Potatoes  
Broccoli  
Fruit

**Friday, January 10**

### **Lunch**

Chicken Sandwich  
(Regular/Spicy)  
Pizza Variety  
Lettuce/Tomato/  
Pickles  
Garden Salad  
Corn  
Fruit

**Monday, January 13**

### **Lunch**

Buffalo Chicken  
Stuffed Sandwich  
or Chicken Sandwich  
Tator Tots  
Veggie Dippers  
Fruit

**Tuesday, January 14**

### **Lunch**

Beef Nachos  
w/Topping Bar  
Chips & Queso  
Spanish Rice  
Pinto Beans  
Jalapeno Corn  
Fruit

**Wednesday, January 15**

### **Lunch**

Brunch  
for  
Lunch

**Thursday, January 16**

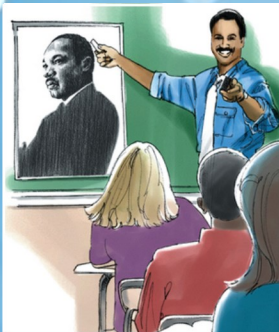
### **Lunch**

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

**Friday, January 17**

### **Lunch**

BBQ Sandwich or  
Chicken Sandwich  
Lettuce/ Tomato/  
Pickles  
French Fries  
Baked Beans  
Coleslaw  
Fruit



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

**Tuesday, January 21**

**Lunch**

Cowboy Nachos w/  
Topping Bar  
Spanish Rice  
Pinto Beans  
Corn Cob  
Fruit

**Wednesday, January 22**

**Lunch**

Rotini Pasta w/  
Meatsauce or  
Cheesy Breadsticks w/  
Marinara  
Garlic Toast  
Glazed Carrots  
Broccoli  
Fruit

**Thursday, January 23**

**Lunch**

Nashville Chicken  
Bites  
w/Roll  
Roasted Potatoes  
Broccoli  
Fruit

**Friday, January 24**

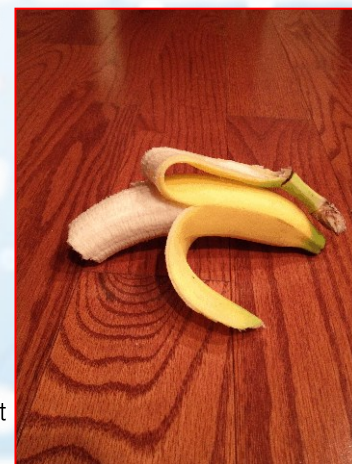
**Lunch**

Chicken Sandwich  
(Regular/Spicy)  
Pizza Variety  
Lettuce/Tomato/  
Pickles  
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](http://www.CHOOSEMYPLATE.gov) or  
[http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Monday, January 27**

**Lunch**

Hamburger or  
Mini Corn Dogs  
Baked Beans  
Tator Tots  
Fruit

**Tuesday, January 28**

**Lunch**

Country Fried Steak  
w/Biscuit  
English Peas  
Mashed Potatoes  
Fruit

**Wednesday, January 29**

**Lunch**

Chili w/Beans  
Breadstick  
Baked Potato  
Broccoli  
Fruit

**Thursday, January 30**

**Lunch**

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

**Friday, January 31**

**Lunch**

Chicken Sandwich  
(Regular/Spicy)  
Pizza Variety  
Lettuce/Tomato/  
Pickles  
Garden Salad  
Corn  
Fruit

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



**O**n 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!)

foolish!