

Rogersville City School

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

# Menus for January

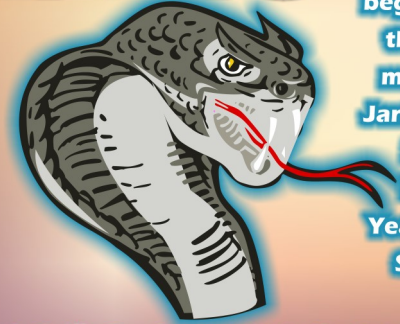
## SWEET DREAMS.



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!**

# 2025



The Chinese New Year begins with the new moon on January 29. 2025 is the Year of the Snake.

## YEAR OF THE SNAKE

# YOU'RE GOOD



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

### Monday, January 6

#### BREAKFAST

Waffles or Grab n Go

#### Lunch

Pizza  
 PBJ/Cheese stick  
**Sides**  
 Greens  
 Golden Corn  
 Fruit

### Tuesday, January 7

#### BREAKFAST

Pancakes or Grab n Go

#### Lunch

Chicken Tenders  
 PBJ/Cheese stick  
**Sides**  
 Broccoli with Cheese  
 Mashed Potatoes  
 Hot Roll  
 Fresh Fruit

### Wed., January 8

#### BREAKFAST

Breakfast Pizza or Grab n Go

#### Lunch

Grilled Cheese  
 PBJ/Cheese stick  
**Sides**  
 Tater Tots  
 Veggie Cups  
 Tomato Soup  
 Applesauce

### Thursday, January 9

#### BREAKFAST

Chicken Biscuit or Grab n Go

#### Lunch

Hamburger  
 PBJ/Cheese stick  
**Sides**  
 French Fries  
 Cole Slaw  
 Fresh Fruit

### Friday, January 10

#### BREAKFAST

French Toast or Grab n Go

#### Lunch

Popcorn Chicken  
 PBJ/Cheese stick  
**Sides**  
 Tiny Taters  
 Greens  
 Hot Roll  
 Chilled Pears

## ANIMAL APPETITES

Food becomes more scarce for a lot of birds in winter, especially in areas prone to snow and ice. A bird feeder or two helps them survive and gives you plenty of entertainment, no matter what winter is like in your neck of the woods!



### Monday, January 13

#### BREAKFAST

Pancakes or Grab n Go

#### Lunch

Pizza  
 PBJ/Cheese stick  
**Sides**  
 Greens  
 Golden Corn  
 Fruit

### Tuesday, January 14

#### BREAKFAST

Muffins or Grab n Go

#### Lunch

Spaghetti  
 PBJ/Cheese stick  
**Sides**  
 Garden Salad  
 Tiny Taters  
 Garlic bread  
 Fresh Fruit

### Wed. January 15

#### BREAKFAST

Sausage Biscuit or Grab n Go

#### Lunch

Fiesta Taco Salad  
 PBJ/Cheese stick  
**Sides**  
 Pinto Beans  
 Zesty Salsa  
 Tater Tots  
 Fresh Fruit

### Thursday, January 16

#### BREAKFAST

Waffles or Grab n Go

#### Lunch

PBJ/Cheese stick  
 Or Breakfast for Lunch  
 Scrambled Eggs  
 Sausage  
 Gravy and Biscuit  
**Sides**  
 Tater Tots  
 Veggie Cups  
 Juice

### Friday, January 17

#### BREAKFAST

Egg and toast or Grab n Go

#### Lunch

Bacon Cheeseburger  
 PBJ/Cheese stick  
**Sides**  
 French Fries  
 Cole Slaw  
 Fresh Fruit

**Monday, January 13**

**Breakfast**

Type your breakfast choices here, or delete this section

**Lunch**

Entree One  
or Entree Two  
Sides and Extras

**Tuesday, January 14**

**Breakfast**

Type your breakfast choices here, or delete this section

**Lunch**

Entree One  
or Entree Two  
Sides and Extras

**Wed., January 15**

**Breakfast**

Type your breakfast choices here, or delete this section

**Lunch**

Entree One  
or Entree Two  
Sides and Extras

**Thursday, January 16**

**Breakfast**

Type your breakfast choices here, or delete this section

**Lunch**

Entree One  
or Entree Two  
Sides and Extras

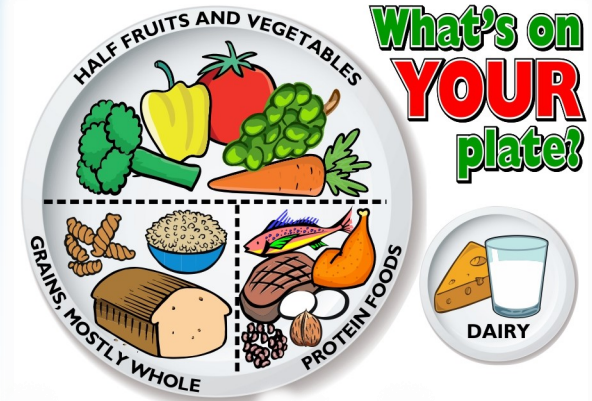
**Friday, January 17**

**Breakfast**

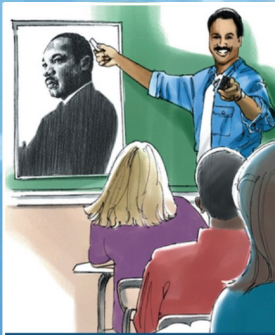
Type your breakfast choices here, or delete this section

**Lunch**

Entree One  
or Entree Two  
Sides and Extras



**Leave it alone.**



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

**Tuesday, January 21**

**BREAKFAST**

Sausage Biscuit or Grab n Go

**Lunch**

Popcorn Chicken  
PBJ/Cheese stick  
**Sides**  
Mashed Potatoes  
Broccoli with Cheese  
Chilled Applesauce

**Wed., January 22**

**BREAKFAST**

Waffles or Grab n Go

**Lunch**

Corn Dog Nuggets  
PBJ/Cheese stick  
**Sides**  
Pinto Beans  
Tater Tots  
Fresh Fruit

**Thursday, January 23**

**BREAKFAST**

Breakfast Pizza or Grab n Go

**Lunch**

Garlic cheese bread  
PBJ/Cheese stick  
**Sides**  
Greens  
Golden Corn  
Fruit

**Friday, January 24**

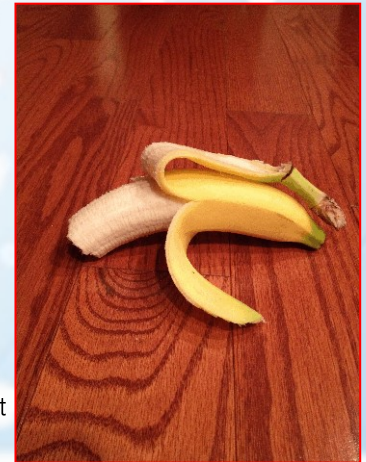
**BREAKFAST**

Pancakes or Grab n Go

**Lunch**

Chicken Sandwich  
PBJ/Cheese Stick  
**Sides**  
French Fries  
Glazed Carrots  
Chilled Pears

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**

**BREAKFAST**

Cinnamon Rolls or Grab n Go

**Lunch**

Pizza  
PBJ/Cheese stick  
**Sides**  
California Blend  
Corn  
Mandarin Oranges  
Or 100% Fruit Juice

**Tuesday, January 28**

**BREAKFAST**

Egg and Toast or Grab n Go

**Lunch**

Chicken Tenders  
PBJ/Cheese stick  
**Sides**  
Fresh Garden Salad  
Mashed Potatoes  
Hot Roll  
Fresh Fruit

**Wed., January 29**

**BREAKFAST**

French Toast or Grab n Go

**Lunch**

Chicken and Dumplings  
PBJ/Cheese stick  
**Sides**  
Greens  
Roasted Potatoes  
Cornbread  
Fruit

**Thursday, January 30**

**BREAKFAST**

Waffles or Grab n Go

**Lunch**

Chicken Sandwich  
PBJ/Cheese Stick  
**Sides**  
French Fries  
Glazed Carrots  
Fruit

**Friday, January 31**

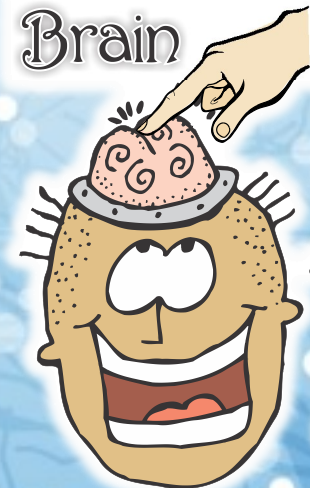
**BREAKFAST**

Pancakes or Grab n Go

**Lunch**

Popcorn Chicken  
PBJ/Cheese stick  
**Sides**  
Tiny Taters  
Veggie cup  
Hot Roll  
Fruit

**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!)

FOOTNOT