

# JANUARY 2019

## Florence 3 School District Head Start/Family Literacy (Breakfast)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

**New Year's Day**

Schools and Offices  
Closed

2

**Professional Day  
For Teachers**

No School For  
Students

3

**Manager's  
Choice  
Menu**

4

Pop Tart  
Mandarin Orange  
Fruit Juice

7

French Toast Sticks  
Pineapple Tidbits  
Fruit Juice

8

Biscuit w/Turkey Sausage Patty  
Sliced Peaches  
Fruit Juice

9

Buttered Toast  
w/Scrambled Eggs  
Orange Slices  
Fruit Juice

10

Apple Frudel  
Diced Pears  
Fruit Juice

11

Breakfast Pizza  
Applesauce  
Fruit Juice

14

Chicken Patty w/Biscuit  
Sliced Peaches  
Fruit Juice

15

Breakfast Pizza  
Diced Pears  
Fruit Juice

16

Mini Blueberry Pancakes  
Mandarin Orange  
Fruit Juice

17

Biscuit w/Turkey Sausage Patty  
Pineapple Tidbits  
Fruit Juice

18

Pop Tart  
Applesauce  
Fruit Juice

21

**Martin Luther  
King Jr.'s Birthday**

School District Closed

22

Apple Frudel  
Pineapple Tidbits  
Fruit Juice

23

Pop Tart  
Diced Pears  
Fruit Juice

24

Muffin  
Mandarin Orange  
Fruit Juice

25

Banana Tropical Mini Loaf  
Applesauce  
Fruit Juice

28

Turkey Sausage Patty  
w/Biscuit  
Pineapple Tidbits  
Fruit Juice

29

Apple Frudel  
Diced Pears  
Fruit Juice

30

Breakfast Pizza  
Diced Pears  
Fruit Juice

31

Mini Blueberry Pancakes  
Mandarin Orange  
Fruit Juice

**DID YOU KNOW...**  
January's gem is  
garnet which  
represents  
constancy.

### Milk Choices Daily:

1% White, Skim White,

Adult Meal Price for Breakfast is \$2.20.

*Menus are subject to change  
based on product availability.*

### Nutrition Education

**Healthy eating keeps the  
heart beating!**

**Eat a healthy meal to help  
your body heal.**

**Stop eating when you are  
satisfied, not full.**

**Apples are red, berries are  
blue, pears are sweet and  
they are all good for you.**

Those who think they have no time for  
healthy eating, will sooner or later have  
to find time for illness.

— Edward Stanley

This institution is an equal  
opportunity provider.

# JANUARY 2019

## Florence 3 School District K-6 Elementary (Breakfast)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

**New Year's Day**

Schools and Offices  
Closed

2

**Professional Day  
For Teachers**

No School For  
Students

3

**Manager's  
Choice  
Menu**

4

Pancake w/Sausage on Stick  
Mandarin Orange  
Fruit Juice

7

French Toast Sticks  
Mixed Fruit  
Fruit Juice

8

Waffle w/Syrup  
Sliced Peaches  
Fruit Juice

9

Buttered Toast  
w/Scrambled Eggs  
Orange Slices  
Fruit Juice

10

Breakfast Bites  
Diced Pears  
Fruit Juice

11

Breakfast Pizza  
Applesauce  
Fruit Juice

14

Chicken Patty w/Biscuit  
Sliced Peaches  
Fruit Juice

15

Breakfast Pizza  
Diced Pears  
Fruit Juice

16

Mini Blueberry Pancakes  
w/Syrup  
Mandarin Orange  
Fruit Juice

17

Grits w/Turkey Sausage Patty  
Pineapple Tidbits  
Fruit Juice

18

Pancake w/Sausage on Stick  
Applesauce  
Fruit Juice

21

**Martin Luther  
King Jr.'s Birthday**

School District Closed

22

Apple Frudel  
Pineapple Tidbits  
Fruit Juice

23

Pancake w/Sausage on Stick  
Diced Pears  
Fruit Juice

24

Muffin  
Mandarin Orange  
Fruit Juice

25

Waffle w/Syrup  
Applesauce  
Fruit Juice

28

Turkey Sausage Patty  
w/Biscuit  
Pineapple Tidbits  
Fruit Juice

29

Breakfast Bites  
Diced Pears  
Fruit Juice

30

Breakfast Pizza  
Diced Pears  
Fruit Juice

31

Mini Blueberry Pancakes  
w/Syrup  
Mandarin Orange  
Fruit Juice

**DID YOU KNOW...**  
January's gem is  
garnet which  
represents  
constancy.

### Milk Choices Daily:

1% White, Skim White,  
Fat Free Chocolate, Fat Free Vanilla,  
Fat Free Strawberry

Cereal is offered daily with Breakfast.

Adult Meal Price for Breakfast is \$2.20

*Menus are subject to change  
based on product availability.*

### Nutrition Education

Healthy eating keeps the  
heart beating!

Eat a healthy meal to help  
your body heal.

Stop eating when you are  
satisfied, not full.

Apples are red, berries are  
blue, pears are sweet and  
they are all good for you.

Those who think they have no time for  
healthy eating, will sooner or later have  
to find time for illness.

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# JANUARY 2019

**Florence 3 School District**  
**J. Paul Truluck, Ronald E. McNair & Lake City High**  
**Middle/High School (Breakfast)**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

1

**New Year's Day**

Schools and Offices  
Closed

2

**Professional Day  
For Teachers**

No School For  
Students

3

**Manager's  
Choice  
Menu**

4

Pancake w/Sausage on Stick  
Or  
Muffin  
Mandarin Orange  
Fruit Juice

7

French Toast Sticks  
w/Syrup  
Mixed Fruit  
Fruit Juice

8

Waffle w/Syrup  
Or  
PopTart & Cereal  
Sliced Peaches  
Fruit Juice

9

Breakfast Bites  
Or  
Breakfast Cereal Bar  
Orange Slices  
Fruit Juice

10

Grits w/Turkey Sausage Patty  
Diced Pears  
Fruit Juice

11

Breakfast Pizza  
Or  
Muffin  
Applesauce  
Fruit Juice

14

Chicken Patty w/Biscuit  
Or  
Yogurt & Cheese Stick  
Sliced Peaches  
Fruit Juice

15

Breakfast Pizza  
Or  
Muffin  
Diced Pears  
Fruit Juice

16

Mini Blueberry Pancakes  
w/Syrup  
Mandarin Orange  
Fruit Juice

17

Grits w/Turkey Sausage Patty  
Pineapple Tidbits  
Fruit Juice

18

Pancake w/Sausage on Stick  
Applesauce  
Fruit Juice

21

**Martin Luther  
King Jr.'s Birthday**

School District Closed

22

Apple Frudel  
Pineapple Tidbits  
Fruit Juice

23

Pancake w/Sausage on Stick  
Or  
Muffin  
Diced Pears  
Fruit Juice

24

Grits w/Turkey Sausage Patty  
Mandarin Orange  
Fruit Juice

25

Waffle w/Syrup  
Or  
Pop Tart & Cereal  
Applesauce  
Fruit Juice

28

Turkey Sausage Patty  
w/Biscuit  
Or  
Pop Tart & Cereal  
Pineapple Tidbits  
Fruit Juice

29

Breakfast Bites  
Or  
Breakfast Cereal Bar  
Diced Pears  
Fruit Juice

30

Breakfast Pizza  
Or  
Muffin  
Diced Pears  
Fruit Juice

31

Mini Blueberry Pancakes  
w/Syrup  
Mandarin Orange  
Fruit Juice

**DID YOU KNOW...**  
 January's gem is  
 garnet which  
 represents  
 constancy.

## Milk Choices Daily:

1% White, Skim White,  
 Fat Free Chocolate, Fat Free Vanilla,  
 Fat Free Strawberry

Breakfast Cereal Bar and/or Cereal is  
 offered daily with Breakfast.

Adult Meal Price for Breakfast is \$2.20.

*Menus are subject to change  
 based on product availability.*

## Nutrition Education

**Healthy eating keeps the  
 heart beating!**

**Eat a healthy meal to help  
 your body heal.**

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 satisfied, not full.**

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 blue, pears are sweet and  
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