

JANUARY 2019

Florence 3 School District Head Start/Family Literacy (Lunch)

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

Sub Sandwich on WW Bun
w/Pickle Slices
Lettuce & Tomato
Baked Lays Potato Chips
Cucumber Coins w/Dip
Sidekick
Chilled Mandarin Orange Cup

7

Meatball Sub or
Meatball Marinara over
Spaghetti Pasta
w/Garlic Breadstick
Romaine Side Salad
Carrot Sticks w/Dip
Chilled Fruit Cup
Fruit Juice

8

Orange Chicken Rice Bowl
Steamed Broccoli
Celery Sticks w/Dip
Fresh Apple
Sliced Peaches

9

Ham & Cheese on WW Bun
Lettuce & Tomato
Cut Green Beans
Baked Beans
Applesauce
Fruit Juice

10

Nachos w/Chili
Tomato & Cucumber Salad
Glazed Carrots
Pineapple Tidbits
Assorted Fresh Fruit

11

Chicken Tenders
Sweet Potato Fries
Green Sweet Peas
WW Yeast Roll
Rips Slush
Chilled Peach Cup

14

Chili Dog on WW Bun
Cole Slaw
Pinto Beans
Chilled Mandarin Orange
Assorted Fresh Fruit

15

Spaghetti w/Meat Sauce
Green Sweet Peas
Steamed Squash
WW Cheesy Breadstick
Pineapple Tidbits
Fresh Apple Slices

16

BBQ Pork on Bun
Steamed Broccoli w/Cheese
Sauce
Whole Kernel Corn
Applesauce
Fresh Tangerine

17

Chicken Fillet Sandwich
Seasoned Tater Tots
Warm Cinnamon Apples
Spinach Salad
w/Grape Tomatoes
Fruit Juice

18

Chicken Nuggets
Celery Sticks w/Ranch Dip
Sweet Potato Fries
Yeast Roll
Diced Pears
Fresh Grape Cup

21

Martin Luther King Jr.'s Birthday

School District Closed

22

Vegetable Beef Soup
Peanut Butter & Jelly OR
Pimento Cheese Sandwich
Baby Carrots w/Dip
Fruit Flavored Raisels
Fruit Juice

23

Ham & Cheese on WW Bun
Lettuce & Tomato
Cut Green Beans
Pinto Beans
Baked Apple
Assorted Fresh Fruit

24

Fajita Chicken
w/Sweet & Sour Sauce
Broccoli Salad
Sweet Potato Tots
WG Biscuit
Assorted Fresh Fruit
Sidekick

25

Cheeseburger on WW Bun
w/Lettuce & Tomato
Seasoned Oven Fries
Sliced Peaches
Fruit Juice

28

Chicken Fillet Sandwich
Steamed Carrots
Black Eyed Peas
Sliced Peaches
Fruit Flavored Raisels

29

Spaghetti w/Meat Sauce
Green Sweet Peas
Steamed Squash
WW Cinnamon Roll
Applesauce
Fresh Grape Cup

30

Pizza
Cut Green Beans
Potato Smiles
Pineapple Tidbits
Fruit Juice

31

Fried or Baked Chicken
Brown Seasoned Rice
Turnip Greens
Sweet Potato Yams
WW Breadstick
Diced Pears
Assorted Fresh Fruit

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

Milk Choices Daily:

1% White, Skim White,

Adult Meal Price for Lunch is \$3.70

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

Nutrition Education

**Eat Healthy, Feel Healthy.
Eat Bad, Feel Bad.**

**Drink plenty of water or
other calorie-free beverages.**

Before you tear into that bag of potato chips, drink a glass of water first. People sometimes confuse thirst with hunger, so you can end up eating extra calories when an ice-cold glass of water is really all you needed. If plain water doesn't cut it, try drinking flavored sparkling water or brewing a cup of fruit-infused herbal tea.

Winter Hydration

Eat well, stay away from salty and processed foods which absorb moisture. Choose moisture restoring foods like fruits and vegetables.

**Give Junk Food the boot and
switch to fruit.**

**This institution is an equal
opportunity provider.**

JANUARY 2019

Florence 3 School District K-6 Elementary (Lunch)

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

Sub Sandwich on WW Bun
w/Pickle Slices
Lettuce & Tomato
Baked Lays Potato Chips
Cucumber Coins w/Dip
Sidekick
Chilled Mandarin Orange Cup

7

Meatball Sub or
Meatball Marinara over Rotini
w/Garlic Breadstick
Romaine Side Salad
Carrot Sticks w/Dip
Chilled Fruit Cup
Fruit Juice

8

Orange Chicken Rice Bowl
Steamed Broccoli
Celery Sticks w/Dip
Fresh Apple
Tropical Fruit Mix

9

Ham & Cheese on WW Bun
Lettuce & Tomato
Cut Green Beans
Baked Beans
Applesauce
Fruit Juice

10

Nachos w/Chili
Tomato & Cucumber Salad
Glazed Carrots
Baked Beans
Pineapple Tidbits
Assorted Fresh Fruit

11

Chicken Tenders
Sweet Potato Fries
Green Sweet Peas
WW Yeast Roll
Rips Slush
Chilled Peach Cup

14

Hot Dog w/Chili on WW Bun
Cole Slaw
Pinto Beans
Chilled Mandarin Orange
Assorted Fresh Fruit

15

Spaghetti w/Meat Sauce
Green Sweet Peas
Steamed Squash
WW Cheesy Breadstick
Pineapple Tidbits
Fresh Apple Slices

16

BBQ Pork on Bun
Steamed Broccoli w/Cheese
Sauce
Whole Kernel Corn
Applesauce
Fresh Tangerine

17

Chicken Fillet Sandwich
Seasoned Tater Tots
Warm Cinnamon Apples
Spinach Salad
w/Grape Tomatoes
Fruit Juice

18

Chicken Nuggets
Celery Sticks w/Ranch Dip
Sweet Potato Fries
Yeast Roll
Diced Pears
Fresh Grape Cup

21

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

School District Closed

22

Vegetable Beef Soup
Peanut Butter & Jelly OR
Pimento Cheese Sandwich
Baby Carrots w/Dip
Fruit Flavored Raisels
Fruit Juice

23

Ham & Cheese on WW Bun
Lettuce & Tomato
Cut Green Beans
Pinto Beans
Baked Apple
Assorted Fresh Fruit

24

Fajita Chicken
w/Sweet & Sour Sauce
Broccoli Salad
Sweet Potato Tots
WG Biscuit
Assorted Fresh Fruit
Sidekick

25

Cheeseburger on WW Bun
w/Lettuce & Tomato
Seasoned Oven Fries
Sliced Peaches
Fruit Juice

28

Chicken Fillet Sandwich
Steamed Carrots
Black Eyed Peas
Sliced Peaches
Fruit Flavored Raisels

29

Spaghetti w/Meat Sauce
Green Sweet Peas
Steamed Squash
WW Cinnamon Roll
Applesauce
Fresh Grape Cup

30

Pizza
Cut Green Beans
Potato Smiles
Pineapple Tidbits
Fruit Juice

31

Fried or Baked Chicken
Brown Seasoned Rice
Turnip Greens
Sweet Potato Yams
WW Breadstick
Diced Pears
Assorted Fresh Fruit

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Alternate Meal
(Offered Daily)

Chef Salad or Peanut Butter & Jelly
Sandwich w/Cheese Stick

Milk Choices Daily:

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

Adult Meal Price for Lunch is \$3.70

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

Nutrition Education

**Eat Healthy, Feel Healthy.
Eat Bad, Feel Bad.**

**Drink plenty of water or
other calorie-free beverages.**

Before you tear into that bag of potato chips, drink a glass of water first. People sometimes confuse thirst with hunger, so you can end up eating extra calories when an ice-cold glass of water is really all you needed. If plain water doesn't cut it, try drinking flavored sparkling water or brewing a cup of fruit-infused herbal tea.

Winter Hydration

Eat well, stay away from salty and processed foods which absorb moisture. Choose moisture restoring foods like fruits and vegetables.

**Give Junk Food the boot and
switch to fruit.**

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opportunity provider.**

JANUARY 2019

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

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

Sub Sandwich on WW Bun
w/Pickle Slices
Lettuce & Tomato
Baked Lays Potato Chips
Cucumber Coins w/Dip
Sidekick
Chilled Mandarin Orange Cup

7

Meatball Sub or
Meatball Marinara over Rotini
w/Garlic Breadstick
Romaine Side Salad
Carrot Sticks w/Dip
Chilled Fruit Cup
Fruit Juice

8

Orange Chicken Rice Bowl
Steamed Broccoli
Glazed Carrots
Fresh Apple
Tropical Fruit Mix

9

Ham & Cheese on WW Bun
Lettuce & Tomato
Cut Green Beans
Tomato & Cucumber Salad
Applesauce
Fruit Juice

10

Nachos w/Chili
Whole Kernel Corn
Pinto Beans
Pineapple Tidbits
Assorted Fresh Fruit
Royal Brownie w/icing

11

Chicken Tenders
Sweet Potato Fries
Green Sweet Peas
WW Yeast Roll
Rips Slush
Chilled Peach Cup

14

Hot Dog w/Chili on WW Bun
Cole Slaw
Baked Beans
Chilled Mandarin Orange
Assorted Fresh Fruit

15

Spaghetti w/Meat Sauce
Green Sweet Peas
Steamed Squash
WW Cheesy Breadstick
Pineapple Tidbits
Fresh Apple Slices

16

BBQ Pork on Bun
Steamed Broccoli w/Cheese
Sauce
Whole Kernel Corn
Applesauce
Fresh Tangerine

17

Chicken Fillet Sandwich
Seasoned Tater Tots
Warm Cinnamon Apples
Spinach Salad
w/Grape Tomatoes
Fruit Juice

18

Hot Wings
Celery Sticks w/Ranch Dip
Sweet Potato Fries
Yeast Roll
Diced Pears
Fresh Grape Cup

21

Martin Luther King Jr.'s Birthday

School District Closed

22

Vegetable Beef Soup
Peanut Butter & Jelly OR
Pimento Cheese Sandwich
Baby Carrots w/Dip
Fruit Flavored Raisels
Fruit Juice

23

Ham & Cheese on WW Bun
Lettuce & Tomato
Cut Green Beans
Pinto Beans
Baked Apple
Assorted Fresh Fruit

24

Fiesta Bowl
Broccoli Salad
Sweet Potato Tots
WG Biscuit
Assorted Fresh Fruit
Sidekick

25

Cheeseburger on WW Bun
w/Lettuce & Tomato
Seasoned Oven Fries
Sliced Peaches
Fruit Juice

28

Chicken Fillet Sandwich
Steamed Carrots
Black Eyed Peas
Sliced Peaches
Fruit Flavored Raisels

29

Spaghetti w/Meat Sauce
Green Sweet Peas
Steamed Squash
WW Cinnamon Roll
Applesauce
Fresh Grape Cup

30

Pizza
Cut Green Beans
Potato Smiles
Pineapple Tidbits
Fruit Juice

31

Fried or Baked Chicken
Brown Seasoned Rice
Turnip Greens
Sweet Potato Yams
WW Breadstick
Diced Pears
Assorted Fresh Fruit

DID YOU KNOW...
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constancy.

Alternate Meal (Offered Daily)

Specialty Station

Monday & Friday: Pizza
Tuesday & Thursday: Salad Bar
Wednesday: Sub Station

Milk Choices Daily:

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

Adult Meal Price for Lunch is \$3.70

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Nutrition Education

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