Menus for January 2020

Johnson City High School

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

Available Daily

*All salads served w/same sides as Yogurt Meal
*All options served w/same fruit and vegetable of the day

Daily Breakfast Options:
Student’s must select 1 Fruit and/or Juice (pick one or two)

Milk Choices: Unflavored 1% or less, Flavored is Fat Free

Weekly Salads:
1/2: Chef Salad
1/6: Popcorn Chicken
1/13: Turkey Bacon Ranch
1/27: Chef Salad

Weekly Sandwiches:
Mon: Turkey/Cheese
Tue: Ham/Cheese
Wed: Turkey/Cheese
Thurs: Ham/Cheese
Fri: Turkey/Cheese

Served Daily:
PB&J Sandwich
Yogurt Meal w/Cheese Stick
M,T, Th., Fri., w/Granola
Wed., w/UBR Bar

JANUARY FARM TO SCHOOL HIGHLIGHT

ON JANUARY 9TH, OUR NY THURSDAY MEAL WILL MENU CHICKEN MAC N’ CHEESE WITH LOCAL CHICKEN, GREEN BEANS, A DELICIOUS BISCUIT, NY APPLE AND MILK.

STARTING FEBRUARY YOU CAN LOOK FORWARD TO TWO NY THURSDAY MEALS A MONTH!

Happy New Year and Welcome Back! We hope you enjoyed your break!

Monday, January 6
Breakfast
Frudel
Or Cereal w/muffin
Chilled Fruit
Juice
Low-fat Milk

Lunch
Popcorn Chicken
Mashed Potatoes
Glazed Carrots
Apple
Low-fat Milk

Tuesday, January 7
Breakfast
Banana or Pumpkin
Breakfast Bread
Or Cereal w/muffin
Fresh Fruit
Juice
Low-fat Milk

Lunch
Chicken Filet Sandwich
Crispy Cut Fries
Veggie Cruncher Cup
w/taco hummus & dip
Peaches
Low-fat Milk

Wednesday, January 8
Breakfast
Bagel Breakfast Pizza
Or Cereal w/muffin
Chilled Fruit
Juice
Low-fat Milk

Lunch
French Toast Sticks
Sausage Patty
Potato Puffs
Orange
Low-fat Milk

Thursday, January 9
Breakfast
Ultimate Breakfast
Round & Yogurt or Cereal w/muffin
Chilled Fruit
Juice
Low-fat Milk

Lunch
NY Thursday
Chicken Mac & Cheese
Biscuit
Green Beans
Apple
Low-fat Milk

Friday, January 10
Breakfast
Breakfast Sandwich
On an English Muffin
Or Cereal w/muffin
Chilled Fruit
Juice
Low-fat Milk

Lunch
Pizza Wedge
Romaine Salad
w/chickpeas
Fresh Fruit
Low-fat Milk

Weekly Salads:
1/2: Chef Salad
1/6: Popcorn Chicken
1/13: Turkey Bacon Ranch
1/27: Chef Salad

Weekly Sandwiches:
Mon: Turkey/Cheese
Tue: Ham/Cheese
Wed: Turkey/Cheese
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Served Daily:
PB&J Sandwich
Yogurt Meal w/Cheese Stick
M,T, Th., Fri., w/Granola
Wed., w/UBR Bar

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<table>
<thead>
<tr>
<th>Monday, January 13</th>
<th>Tuesday, January 14</th>
<th>Wednesday, January 15</th>
<th>Thursday, January 16</th>
<th>Friday, January 17</th>
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</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
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<tr>
<td>Mini Pancakes</td>
<td>Cinnamon Bun &amp; Yogurt</td>
<td>Breakfast Pizza</td>
<td>French Toast Sticks</td>
<td>Breakfast Sandwich</td>
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<tr>
<td>Or Cereal w/muffin</td>
<td>Or Cereal w/muffin</td>
<td>Or Cereal w/muffin</td>
<td>w/syrup</td>
<td>On a Croissant or Cereal</td>
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<tr>
<td>Chilled Fruit</td>
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<td>w/muffin</td>
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<td>Juice</td>
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<td>Low-fat Milk</td>
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<tr>
<td><strong>Lunch</strong></td>
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<tr>
<td>Cheeseburger on a Bun</td>
<td>Taco Salad</td>
<td>Lupos Chicken</td>
<td>Home-style</td>
<td>Wild Mike’s</td>
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<tr>
<td>w/lettuce &amp; tomato</td>
<td>Meat, lettuce, tomato, cheese, salsa &amp; rice</td>
<td>Spiedie Sub</td>
<td>Chicken &amp; Gravy</td>
<td>Mozzarella Bites</td>
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<tr>
<td>Sweet Potato Fries</td>
<td>Corn</td>
<td>Harvest Cheddar Sun</td>
<td>Biscuit</td>
<td>Side of Pasta</td>
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<tr>
<td>Green Beans</td>
<td>Mixed Fruit</td>
<td>Chip Mix</td>
<td>Mashed Potatoes</td>
<td>Romaine Salad</td>
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<tr>
<td>Apple</td>
<td>Low-fat Milk</td>
<td>Veggie Cruncher Cup</td>
<td>Peas</td>
<td>w/chickpeas</td>
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<td></td>
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<td>w/hummus &amp; dip</td>
<td>Chilled Peaches</td>
<td>Fresh Fruit</td>
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<td>Banana</td>
<td>Low-fat Milk</td>
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</tbody>
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**No School**

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**Breakfast**
- Mini Pancakes
- Or Cereal w/muffin
- Chilled Fruit
- Juice
- Low-fat Milk

**Lunch**
- Chicken Patty on a Kaiser Roll
- Sweet Potato Crinkle Fries
- Mixed Vegetable
- Apple
- Low-fat Milk

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**Breakfast**
- Cinnamon Bun & Yogurt
- Or Cereal w/muffin
- Fresh Fruit
- Juice
- Low-fat Milk

**Lunch**
- Tacos on a Shell
- Meat, lettuce, tomato, cheese, salsa & rice
- Corn Applesauce
- Low-fat Milk

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**Breakfast**
- Breakfast Pizza
- Or Cereal w/muffin
- Chilled Fruit
- Juice
- Low-fat Milk

**Lunch**
- Marinated Chicken Sandwich
- w/lettuce & tomato
- Oven Roasted Potatoes
- Veggie Cruncher Cup
- w/hummus & dip
- Banana
- Low-fat Milk

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**Breakfast**
- French Toast Sticks
  - w/syrup
  - Or Cereal w/muffin
  - Chilled Fruit
  - Juice
  - Low-fat Milk

**Lunch**
- Chicken Mac & Cheese
- Garlic Bread Stick
- Steamed Broccoli
- Mixed Fruit
- Low-fat Milk

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**Breakfast**
- Breakfast Sandwich
  - On a Croissant or Cereal
  - w/muffin
  - Chilled Fruit
  - Juice
  - Low-fat Milk

**Lunch**
- Stuffed Crust Pizza
- Romaine Salad
  - w/chickpeas
  - Fresh Fruit
  - Low-fat Milk

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**You’ll Need:**
- an avocado seed
- a glass jar
- 3 toothpicks

1. Place the rinsed seed (fatter end down) over a water-filled glass with the toothpicks. The water should cover about an inch of the seed.
2. Place it in a warm location, out of direct sunlight. The seed will crack, and roots and stem will sprout in about 2-6 weeks.
3. When the stem grows to 6 inches or so, cut it half way back. When the stem has leaned out again, plant it in a rich soil, with half of the seed sticking up above the surface.
4. Water your avocado house plant generously, but let it dry out somewhat between waterings. The more sunlight your house plant gets, the better.