

LUNCH

January 2015

EII-Saline Elementary & MS/HS

Decrease Screen Time- The American Academy of Pediatrics recommends that screen time for kids should be limited to one or two hours a day. When they say screen time they mean television, movies, computer games and web browsing. Children who watch more than two hours of TV a day are more likely to be overweight and often suffer from irregular sleep patterns. So let's give our children the best chance for health.

* **monday**

* **tuesday**

* **wednesday**

* **thursday**

* **friday**

**Fitness Tip- Try to be active for 60 minutes or more each day.
Run, dance, walk the dog, climb stairs or play in the snow if you have it.**

HAPPY
NEW YEAR 2015

WINTER BREAK

BISCUIT & GRAVY
SAUSAGE PATTY
TRI TATER
SWEET PLUMS, MILK

BBQ DRUM STICKS
BAKED BEANS
COLESLAW
BANANA
ROLL & JELLY, MILK

WHITE CHICKEN CHILI
CORN BREAD
CHERRY TOMATOES
CUCUMBER SLICES
APPLESAUCE, MILK

CHEESE PIZZA
BROCCOLI FLORETS
FRESH BABY CARROTS
TROPICAL FRUIT SALAD
MILK

MINI MEATBALL SUB
RANCH POTATOES
TOSSED SALAD
DICED PEACHES
MILK

CORN DOG
GREEN BEANS
TATER TOTS
FRUIT COCKTAIL
SNICKERDOODLE, MILK

TACO SOUP
TORTILLA CHIPS & SALSA
BROCCOLI FLORETS
ORANGE HALVES
MILK

PORK RIB ON A BUN
LEAF LETTUCE & TOMATO
SWEET POTATO PUFFS
APPLE QUARTERS
MILK

COWBOY CAVATINI
SEASONED CORN
GARDEN SALAD
BERRIES & BANANA
ROLL & JELLY

CHICKEN FAJITA
RED BELL PEPPER STRIPS
REFRIED BEANS, PINEAPPLE
MILK (9-12) Black Bean &
Corn Salsa w/ Tortilla chips

NO SCHOOL TODAY
Teacher In Service

HAMBURGER ON A BUN
LEAF LETTUCE & TOMATO
OVEN FRIES
BANANA
MILK

CHILI
RED PEPPER STRIPS
APPLE SAUCE
CINNAMON ROLL
MILK, (9-12) TORTILLA CHIPS

MAC & CHEESE
MEATBALLS, PEAS
FRESH BABY CARROTS
RED GRAPES, MILK
(6-12) BREAD & JELLY

CHICKEN NUGGETS
POTATOES & GRAVY
TOSSED SALAD
DICED PEARS
ROLL & JELLY, MILK

CHICKEN WRAP
SEASONED RICE
LETTUCE & TOMATO
TROPICAL FRUIT, MILK
(9-12) OATMEAL COOKIE

SPAGHETTI & MEAT SAUCE
GARDEN SALAD
GREEN BEANS
BANANA, GARLIC BREAD,
MILK

PIG IN A BLANKET
TRI TATER
BROCCOLI w/ CHEESE
APPLE QUARTERS
MILK

TACO SALAD w/ BEANS
TORTILLA CHIPS
SALSA, ORANGE
CINNAMON PUFF
MILK

CHICKEN & NOODLES
MASHED POTATOES
FRESH BABY CARROTS
DICED PEACHES,
(6-12) ROLL & HONEY

