

Menus for JANUARY 2019

LEPPING MIDDLE & HIGH SCHOOL

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

Available Daily

Fruit & Veggie Bar included in all Meals
All Breads are Whole Grain
Milk offered with all Meals
1%, FF Chocolate, FF Strawberry

Main Meal.....\$3.00
Energy Pack.....\$3.00
Custom Deli Sub....\$3.50
Choose your bread, meat, cheese & veggies
Garden Fresh Salads....\$3.50
Yogurt Parfait Meal.....\$3.00
Harvest of the Month Vegetable
PARSNIPS



Welcome Back!
We hope you enjoyed your break!

Featured Specials of the Day

Wednesday, January 2

BIG DADDY CHEESE OR PEPPERONI PIZZA
TOSSED SALAD

Thursday, January 3

TOASTED CHEESE FLATBREAD
TOMATO SOUP, GARLIC SPINACH
COOKIE

Friday, January 4

CHEESEBURGER/ ROLL
FIXINS
FF & BAKED BEANS

Monday, January 7

AMERICAN CHOP SUEY/ DINNER ROLL
SEASONED BROCCOLI

Tuesday, January 8

PULLED PORK/ CIABATTA ROLL
AUGRATIN POTATOES
CREAMY COLESLAW

Wednesday, January 9

FREMONT PIZZA
CAESAR SALAD

Thursday, January 10

TACO BAR/ FIXINS
SEASONED RICE, CORN, BLACK BEANS

Friday, January 11

POPCORN CHICKEN
DINNER ROLL, FF
CINNAMON BUTTERNUT SQUASH

WE HAVE YOUR NEW YEAR'S RESOLUTION

Join us every day for convenient,
economical, healthy meals!

Breakfast

Lunch

\$1.75

\$3.00

Learn more about free and reduced-price meals:
WWW.SAU14.ORG

★ OUR NATION'S HISTORY ★

Nothing more than a spit of sand in the Hudson River just off Manhattan, the tiny island was variously known as Gull Island, Oyster Island, and Gibbet Island, until a businessman named Ellis built a fishermen's gathering spot on it around the time of the revolutionary war. Then, in January 1892 – 127 years ago this month -- the U.S. Government opened the Ellis Island Immigration Station on the land. Over the next 50 years, 12 million immigrants would take their first step in America onto little Ellis Island. If you can't visit, you can search for relatives who came through at ellisland.org.



★ WITH LIBERTY & JUSTICE FOR ALL ★



CAN IT.

Research continues to show that drinking regular soda has zero upside for your health and plenty of down-side. Why not make this the year you "can" your sugary soda habit? And satisfy your sweet tooth with fresh fruit!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Featured Specials of the Day

Monday, January 14
 TURKEY PIE/ BISCUIT TOPPING
 (TURKEY, GRAVY, POTATO, PEAS)
 TOSSED SALAD

Tuesday, January 15
 ITALIAN SUPREME FLATBREAD
 (HAM, SALAMI, CHEESE)
 FF, GARLIC SPINACH
 COOKIE

Wednesday, January 16
 EARLY RELEASE
 SALS PIZZA
 TOSSED SALAD

Thursday, January 17
 PASTA/ MEATBALLS & SAUCE
 GARLIC BREADSTICK
 CAULIFLOWER

Friday, January 18
 CHEESEY BOSCO STICKS/ SAUCE
 GREEN BEANS, PASTA SALAD

eat fit

wanna stay fit? gotta eat right!



item:
 monstro
 burger
verdict:
 gulp!?

tip: Notice how the burger in the picture is overwhelming the words "gotta eat right"? There's a lesson there. The burgers just keep growing. One highly-hyped new burger delivers the numbers you see here – and it's not unusual. Know what you're getting yourself into – and don't go for such a burger too often.



THE **A** LIST

Top 10 Artists
 December 2018

1/Mumford & Sons 2/Queen
 3/Michael Buble
 4/Ariana Grande
 5/Imagine Dragons 6/Drake
 7/Post Malone 8/Mariah Carey 9/Halsey
 10/Cardi B

Source: Billboard

Please see reverse for items available daily

Featured Specials of the Day

Monday, January 21
 School will be closed on Monday,
 January 21 in honor of Martin
 Luther King, Jr.'s Birthday



Tuesday, January 22
 CHEESE QUESADILLA
 SEASONED RICE
 ROASTED CARROTS, BLACK BEAN SALAD

Wednesday, January 23
 FREMONT PIZZA
 CAESAR SALAD

Thursday, January 24
 SHEPHERDS PIE
 (BEEF, CORN, POTATO)
 PEACH BISCUIT, ZUCCHINI

Friday, January 25
 CRISPY CHICKEN SANDWICH/ LETTUCE & TOMATO
 SWEET POTATO FRIES

Monday, January 28
 POTATO WEDGE BAR
 CHILI, CHEESE SAUCE, BROCCOLI
 HOT PRETZEL

Tuesday, January 29
 TURKEY & CHEESE CIABATTA
 CREAM OF BROCCOLI SOUP
 TATER TOTS

Wednesday, January 30
 BIG DADDY CHEESE OR SALS GARLIC PIZZA
 TOSSED SALAD

Thursday, January 31
 CHICKEN PARMESAN/ PASTA
 GREEN BEANS
 GARLIC BREADSTICK



BY THE NUMBERS
 THE PERCENTAGE OF TEENS'
 CAR ACCIDENTS THAT INVOLVE
 DRIVING WHILE DISTRACTED.