

JANUARY 2009

SCHOOL DISTRICT OF LEE COUNTY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Meal Prices:				1	2				
<u>Breakfast</u>		<u>Lunch</u>		Additional Choices Each Day:					
Elementary	\$1.00	Elementary	\$1.95	Happy New Year	Winter Break				
Middle/High	\$1.00	Middle/High	\$2.20						
		Extra Milk	\$0.40			Burrito	WG Deli Sandwich	Chef Salad	
5	*WG Pepperoni Pizza Tossed Salad/Mixed Vegetables Choice of Fruit Milk	6	*Spaghetti with WG Breadstick Tossed Salad/Green Beans Choice of Fruit + Milk	7	*Taco Lettuce & Tomato/Corn Choice of Fruit Milk	8	Cheese Lasagna Broccoli/Carrot Sticks Choice of Fruit + Milk	9	WG Grilled Cheese Sandwich Tossed Salad/Peas & Carrots Choice of Fruit Milk
12	Chicken Tenders Rice/Mixed Vegetables Choice of Fruit Milk	13	*Sloppy Joe Tossed Salad/Carrot Coins Choice of Fruit + Milk	14	Chicken Sandwich Lettuce & Tomato/Peas & Carrots Choice of Fruit Milk	15	WG Corn Dog Hashbrown Patty/Green Beans Choice of Fruit + Milk	16	Ravioli Tossed Salad/Corn Choice of Fruit Milk
19	<i>Dr. Martin Luther King, Jr. Holiday No School</i>	20	<i>Professional Duty Day</i>	21	Breaded Chicken Nuggets Broccoli/Tossed Salad Choice of Fruit Milk	22	*Nachos with Meat & Cheese Salsa/Corn Choice of Fruit + Milk	23	Fish Sticks Hashbrown Patty/Carrot Coins Choice of Fruit Milk
26	Mexican Pizza Tossed Salad/Green Peas Choice of Fruit Milk	27	Cheeseburger on a bun Lettuce & Tomato Hashbrown Patty Choice of Fruit + Milk	28	Hot Dog on a Bun Carrot Sticks/Mixed Vegetables Choice of Fruit Milk	29	Meatball Sub Hashbrown Patty/Broccoli Choice of Fruit + Milk	30	Macaroni & Cheese Tossed Salad/Mixed Vegetables Choice of Fruit Milk
<p>As many as 35 – 40% of students do not eat a nutritious breakfast at home. Research shows that students who eat breakfast will eat more fruits, drink more milk and consume a greater variety of foods during the day than those that do not eat breakfast. Those who eat breakfast will also score higher on math and reading tests as well as improve their memory. If a student qualifies for a free or reduced price lunch they also qualify for a free or reduced price breakfast.</p>						<p>*Indicates item contains pork. WG = Whole Grain Crust +Indicates one must be fresh fruit</p>			