

# HAPPY★NEW★YEAR

## MENUS FOR JANUARY 2021

### FLORNCES SCHOOL DISTRICT FIVE

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

## STRANGE BUT TRUE!



A TIGER DOESN'T JUST HAVE STRIPED FUR - ITS **SKIN** IS STRIPED, TOO, AND IN THE **EXACT SAME PATTERN!** A TIGER'S STRIPES ARE LIKE A FINGERPRINT - NO TWO TIGERS HAVE EXACTLY THE SAME STRIPES!

## Available Daily

**All Face-to-Face and Virtual Students receive free breakfast and lunch daily.**

**Virtual Student meals can be picked up daily at JES Front Entrance 11:00am—12:00pm**

**For more information contact Robin Altman 843-386-2358**

## New year, same deal.

As we move into the new year, we want to remind you that our complete meals will be no charge for all students for the rest of the school year. We hope this gives you one less thing to worry about at a time when you sure don't need more worries!

## School Meals

*We serve education every day™*



**Monday, January 18**  
**MLK Day**  
**No School Today**

## NUTRITION TO GO

**You can't always judge sodium content by taste alone. Bread and breakfast cereal often contain as much sodium as potato chips - just look at the nutrition label. And at many fast food joints, the sandwiches actually contain more sodium than the french fries. Go to their web site and check it out!**

**A QUICK BITE FOR PARENTS**

**Tuesday, January 19**

### Breakfast

Sausage Patty / Biscuit  
Fruit or Juice Choice  
Milk Choice

### Lunch

Southwest Salad  
w/ Chicken and Nachos  
Or  
Teriyaki Chicken  
w/ Rice & Roll  
Steamed Broccoli  
Salad w/ Ranch  
Fruit & Milk choice

**Wednesday, January 20**

### Breakfast

Cinnamon Roll  
Fruit or Juice Choice  
Milk Choice

### Lunch

Chef Salad  
w/ Ham and Crackers  
Or  
Hamburger on Bun  
Lettuce / Tomato / Mayo  
French Fries  
Ketchup  
Fruit and Milk Choice

**Thursday, January 21**

### Breakfast

Pop Tart / Yogurt  
Fruit or Juice Choice  
Milk Choice

### Lunch

Southwest Salad  
w/ Chicken and Nachos  
Or  
Pork Chop w/ Roll  
Mashed Potatoes  
Black-Eyed-Peas  
Fruit & Milk Choice

**Friday, January 22**

### Breakfast

Cereal & Graham Crackers  
Fruit or Juice Choice  
Milk Choice

### Lunch

Chef Salad  
w/ Ham and Crackers  
Or  
Chicken Tenders  
Mac & Cheese  
Green Beans  
Carrot Sticks w/ Ranch  
Fruit & Milk Choice

**Monday, January 25**

### Breakfast

Blueberry Muffin  
Fruit or Juice Choice  
Milk Choice

### Lunch

Chef Salad  
w/ Ham and Crackers  
Or  
Corn Dog  
French Fries  
Ketchup / Mustard  
Carrot Sticks w/ Ranch  
Fruit & Milk Choice

**Tuesday, January 26**

### Breakfast

Sausage Patty / Biscuit  
Fruit or Juice Choice  
Milk Choice

### Lunch

Southwest Salad  
w/ Chicken and Nachos  
Or  
Popcorn chicken  
Green Beans  
Yams\*  
Fruit & Milk Choice

**Wednesday, January 27**

### Breakfast

Cinnamon Roll  
Fruit or Juice Choice  
Milk Choice

### Lunch

Chef Salad  
w/ Ham and Crackers  
Or  
Pizza  
Corn  
Salad w/ Ranch  
Fruit & Milk Choice

**Thursday, January 28**

### Breakfast

Pop Tart / Yogurt  
Fruit or Juice Choice  
Milk Choice

### Lunch

Southwest Salad  
w/ Chicken and Nachos  
Or  
Roasted Chicken / Roll  
Mashed Potatoes  
Broccoli w/ Cheese  
Fruit & Milk Choice

**Friday, January 29**

### Breakfast

Cereal & Graham Crackers  
Fruit or Juice Choice  
Milk Choice

### BAG Lunch

Chef Salad  
w/ Ham and Crackers  
Or  
Ham and Cheese Sandwich  
Chips  
Carrot Sticks w/ Ranch  
Fruit & Milk Choice