

FSD5 Johnsonville  
Elementary,  
Johnsonville  
Middle, PDCAP  
Headstart

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

## MENUS FOR JANUARY 2025

# SWEET DREAMS.



Most adults need 7-8 hours of sleep a day, but infants need 16 and teens still need at least 9. If you don't get enough sleep several nights in a row, you'll have a "sleep debt" and need to catch up to perform at your best.

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

# 2025



The Chinese  
New Year  
begins with  
the new  
moon on  
January 29.  
2025  
is the  
Year of the  
Snake.

## YEAR OF THE SNAKE

# YOU'RE GOOD



Chocolate Milk  
and Strawberry  
Milk are now  
Lactose Free

**ALL STUDENTS EAT ALL MEALS @  
NO COST ALL YEAR LONG**

FSD5 Child Nutrition Services

**Tuesday, January 7**

### Breakfast

Sausage Biscuit  
Fruit, Juice, & Milk Choice

### Lunch

Southwest Salad w/ Chicken  
Or  
Beef Tacos  
Pinto Beans  
Let/Tom  
Fruit & Milk Choice

**Wednesday, January 8**

### Breakfast

Pancake Pup  
Fruit, Juice, & Milk Choice

### Lunch

Chef Salad w/ Ham  
Or  
Shepherd's Pie  
Mixed Vegetables  
Mashed Potatoes  
Roll  
Fruit & Milk Choice

**Thursday, January 9**

### Breakfast

French Toast Sticks  
Fruit, Juice, & Milk Choice

### Lunch

Southwest Salad w/ Chicken  
Or  
Garlic Parm wings  
Green Beans  
Macaroni w/ Cheese  
Carrots w/ Ranch  
Fruit & Milk Choice

**Friday, January 10**

### Breakfast

Cereal Bar or Cereal  
Fruit, Juice, & Milk Choice

### Lunch

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

## ANIMAL APPETITES

Food becomes more scarce for a lot of birds in winter, especially in areas prone to snow and ice. A bird feeder or two helps them survive and gives you plenty of entertainment, no matter what winter is like in your neck of the woods!



**Monday, January 13**

### Breakfast

Blueberry Muffin  
Fruit, Juice, & Milk Choice

### Lunch

Chef Salad w/ Ham  
Or  
Chicken Filet Sandwich  
Lettuce / Tomato / Mayo  
French Fries  
Fruit & Milk Choice

**Tuesday, January 14**

### Breakfast

Mini Pancakes  
Fruit, Juice, & Milk Choice

### Lunch

Southwest Salad w/ Chicken  
Or  
Beef Tacos  
Pinto Beans  
Let/Tom  
Fruit & Milk Choice

**Wednesday, January 15**

### Breakfast

Pop Tart and Yogurt  
Fruit, Juice, & Milk Choice

### Lunch

Chef Salad w/ Ham  
Or  
Beefy Macaroni  
Corn  
Salad w/ Ranch  
Breadstick  
Fruit & Milk Choice

**Thursday, January 16**

### Breakfast

Breakfast Pizza  
Fruit, Juice, & Milk Choice

### Lunch

Southwest Salad w/ Chicken  
Or  
Chicken Nuggets  
Yams  
Green Beans  
Roll  
Fruit & Milk Choice

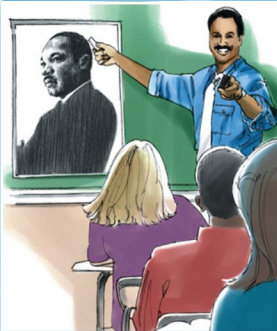
**Friday, January 17**

### Breakfast

Cereal Bar or Cereal  
Fruit, Juice, & Milk Choice

### Lunch

Chef Salad w/ Ham  
Or  
Corn Dog  
French Fries  
Beans  
Fruit & Milk Choice



School will be closed  
Monday, January 20  
in recognition of  
Martin Luther King, Jr.'s  
birthday.

**Tuesday, January 21**

**Breakfast**  
Sausage Biscuit  
Fruit, Juice, & Milk Choice

**Lunch**  
Southwest Salad w/ Chicken  
Or  
Walking Taco  
Black Beans  
Salad w/ Ranch  
Fruit & Milk Choice

**Wednesday, January 22**

**Breakfast**  
Pancake Pup  
Fruit, Juice, & Milk Choice

**Lunch**  
Chef Salad w/ Ham  
Or  
Steak & Gravy  
Mashed Potatoes  
Broccoli w/ Cheese  
Roll  
Fruit & Milk Choice

**Thursday, January 23**

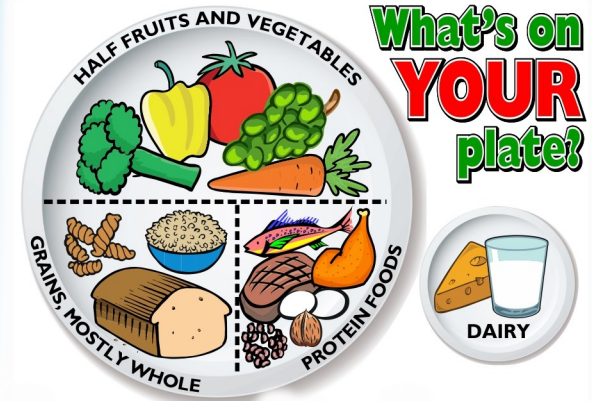
**Breakfast**  
French Toast Sticks  
Fruit, Juice, & Milk Choice

**Lunch**  
Southwest Salad w/ Chicken  
Or  
Teriyaki Chicken w/ Rice  
Steam Broccoli  
Glazed Carrots  
Roll  
Fruit & Milk Choice

**Friday, January 24**

**Breakfast**  
Cereal Bar or Cereal  
Fruit, Juice, & Milk Choice

**Lunch**  
Chef Salad w/ Ham  
Or  
Turkey & Cheese Wrap  
Chips  
Lettuce / Tomato / Mayo  
Carrots w/ Ranch  
Fruit & Milk Choice



**Leave it alone.**

**Monday, January 27**

**Breakfast**  
Blueberry Muffin  
Fruit, Juice, & Milk Choice

**Lunch**  
Chef Salad w/ Ham  
Or  
Pork Chop Sandwich  
Let/Tom  
French Fries  
Fruit & Milk Choice

**Tuesday, January 28**

**Breakfast**  
Mini Pancakes  
Fruit, Juice, & Milk Choice

**Lunch**  
Southwest Salad w/ Chicken  
Or  
Mexican Pizza  
Pinto Beans  
Salad w/ Ranch  
Fruit & Milk Choice

**Wednesday, January 29**

**Breakfast**  
Pop Tart and Yogurt  
Fruit, Juice, & Milk Choice

**Lunch**  
Chef Salad w/ Ham  
Or  
Spaghetti w Meat Sauce  
Green Beans, Yams  
Carrots w/ Ranch  
Roll  
Fruit & Milk Choice

**Thursday, January 30**

**Breakfast**  
Breakfast Pizza  
Fruit, Juice, & Milk Choice

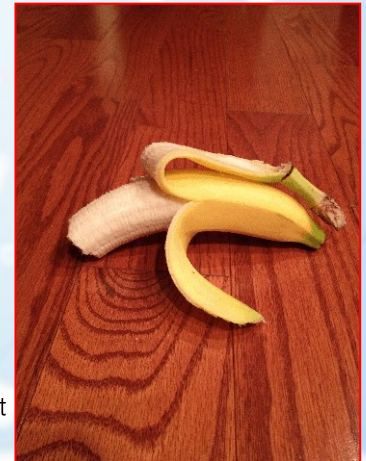
**Lunch**  
Southwest Salad w/ Chicken  
Or  
BBQ Chicken  
Broccoli w/ Cheese  
Mashed Potatoes  
Roll  
Fruit & Milk Choice

**Friday, January 31**

**Breakfast**  
Cereal Bar or Cereal  
Fruit, Juice, & Milk Choice

**Lunch**  
Chef Salad w/ Ham  
Or  
Hot Dog w/ Chili  
French Fries  
Beans  
Fruit & Milk Choice

You've heard of the "5 second rule," right? Don't buy it. Believe it or not, germs don't observe a waiting period, so there is no "safe" amount of time for food to be on the floor. If you can't wash it off, don't put it back on your plate!



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**OUR NATION'S HISTORY**

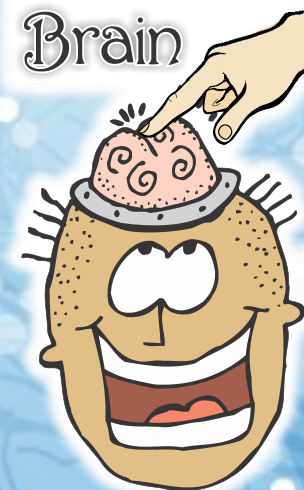


On January 31, 1865 – 160 years ago this month – Congress passed the 13th Amendment to the Constitution, outlawing slavery forever in the United States. The passage of the 13th Amendment culminated a great effort by President Abraham Lincoln and his cabinet and their allies in and out of Congress and ended centuries of enslavement for millions of Africans and African-Americans in the U.S. A great retelling of the story of the 13th Amendment is the film "Lincoln," by director Steven Spielberg.



**WITH LIBERTY & JUSTICE FOR ALL**

**Brain Ticklers**



What do you get when you cross a snowman with a vampire bat?

(Hold the page upside down and read it in a mirror for the answer!)

FOOTNOT