

Menus for JANUARY 2022

Fannin County Middle School

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

Available Daily

The "Rebel Power Pack" includes yogurt, string/cheddar cheese, saltine crackers, and whole grain Gold Fish or Elf Graham crackers.

Students may add fruit, vegetable, & milk to complete the meal.

A choice of milk is available each day. The choices include non-fat unflavored, strawberry, and chocolate and 1% unflavored.

Si es necesario que esta información sea traducida en su idioma, por favor de comunicarse con la escuela de su hijo.



Just a few more months of school left to go. **Keep climbing.** Greet each new day and each new challenge with **determination, spirit, and grace.**

Before you know it, you'll be at the **TOP!**



Welcome Back!
We hope you enjoyed your break!

Featured Specials of the Day

Wednesday, January 5

Orange Chicken Rice Bowl, Rotini w/Beef Sauce & Garlic Toast, Turkey & Cheese Sandwich, **Green Beans, Carrots, Side Salad, Orange Juice, Banana.**

Thursday, January 6

Chili w/Saltines, Boom-Boom Chicken Sub, Turkey & Cheese Sandwich, **Baked Potato, Side Salad, Celery Sticks, Cheese Cup, Apple Juice, Fresh Orange Wedges, W/G Cookie**

Friday, January 7

Pizza Sticks w/ Marinara, Cheeseburger, Turkey & Cheese Sandwich, **Corn, Baby Carrots, Side Salad, Grape Juice, Sliced Pears**

Featured Specials of the Day

Monday, January 10

Beef & Cheese Nachos, Grilled Chicken Sandwich, Ham & Cheese Sandwich, **Refried Beans, Corn, Lettuce & Diced Tomatoes, Apple Juice, Peach Cup**

Tuesday, January 11

Chicken Nuggets w/Roll, Meatball Sub, Ham & Cheese Sandwich, **Creamed Potatoes, Gravy, Broccoli, Pinto Beans, Fruit Punch Juice, Blueberries w/ Whipped Topping**

Wednesday, January 12

Spicy or Regular Chicken Filet Sandwich, Retro Sausage Pizza, Ham & Cheese Sandwich, **Seasoned Potato Wedges, Red & Green Pepper Strips, Lettuce & Tomato, Pickles, Orange Juice, Banana**

Thursday, January 13

Teriyaki Chicken over Rice w/ Garlic Breadstick, Mini Corn Dogs, Ham & Cheese Sandwich, **Baked Sweet Potato, Green Beans, Side Salad, Apple Juice, Spiced Apples**

Friday, January 14

Stuffed Crust Pepperoni, Pizza, Fish Sticks w/Macaroni & Cheese, Ham & Cheese Sandwich, **Corn, Baby Carrots, Side Salad, Grape Juice, Seasonal Fresh Fruit**

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @

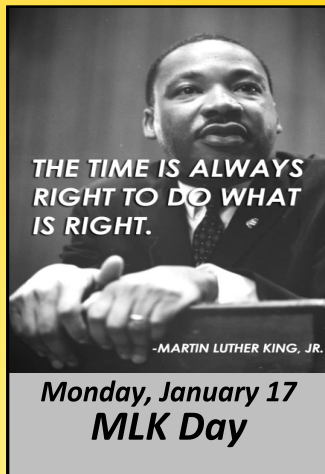
NO COST

FANNIN COUNTY SCHOOL
NUTRITION

17 BY THE NUMBERS
EVERY TON OF RECYCLED PAPER SAVES
17 TREES, EACH OF WHICH CAN ABSORB
13 POUNDS OF CARBON DIOXIDE A YEAR

**EAT BETTER.
PLAY HARDER.
LIVE HEALTHIER.
LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!



Featured Specials of the Day

Monday, January 17

Martin Luther King Jr's Birthday

No School Today

EMERGENCY MAKE UP DAY



Tuesday, January 18

Popcorn Chicken w/Roll, Retro Cheese Pizza,
Turkey & Cheese Sandwich, Creamed Potatoes, Gravy, Broccoli,
Side Salad, Fruit Punch Juice, Fresh Apple Slices

Wednesday, January 19

BBQ Pork Sandwich, Beef Hotdog, Turkey & Cheese Sandwich,
Tater Tots, Baked Beans, Cole Slaw, Pickles,
Orange Juice, Banana, W.G. Cookie

Thursday, January 20

Cheese Sticks, w/ Marinara, Spicy or Regular Chicken Filet
Sandwich, Turkey & Cheese Sandwich, Potato Smiles,
Green Beans, Side Salad, Apple Juice, Fresh Orange Wedges

Friday, January 21

Pepperoni Calzone, Cheeseburger, Turkey & Cheese
Sandwich, Corn, Baby Carrots, Side Salad,
Grape Juice, Peaches

Featured Specials of the Day

Monday, January 24

Chicken Alfredo w/Breadstick, Hamburger, Ham & Cheese Sandwich,
Peas, Baked Sweet Potato, Side Salad, Pickles,
Apple Juice, Mixed Berry or Peach Cup

Tuesday, January 25

Chicken Nuggets w/ Roll, Retro Sausage Pizza, Ham & Cheese
Sandwich, Creamed Potatoes, Gravy, Broccoli, Pinto Beans,
Fruit Punch Juice, Blueberries w/ Whipped Topping

Wednesday, January 26

Spaghetti w/Beef Sauce, Mini Corn Dogs, Ham & Cheese Sandwich,
Green Beans, Side Salad, Sliced Cucumbers, Orange Juice, Banana

Thursday, January 27

Spicy or Regular Chicken Filet Sandwich, Beef Hot Dog,
Ham & Cheese Sandwich,
Tater Tots, Baked Beans, Cole Slaw, Apple Juice, Spiced Apples

Friday, January 28

Pizza Sticks w/ Marinara, Chicken 2-Fers, Ham & Cheese Sandwich,
Corn, Baby Carrots, Side Salad, Fruit Punch Juice, Applesauce

Monday, January 31

BBQ Pork Sandwich, Beef Hotdog, Turkey & Cheese Sandwich,
Tater Tots, Baked Beans, Cole Slaw, Pickles, Apple Juice, Strawberry Cup

**Please see reverse for
items available daily**

DO IT FOR YOU, TOO.

Volunteering isn't just good for those who might need your help -- it's good for you, too. Serving as a volunteer has been shown to improve self-

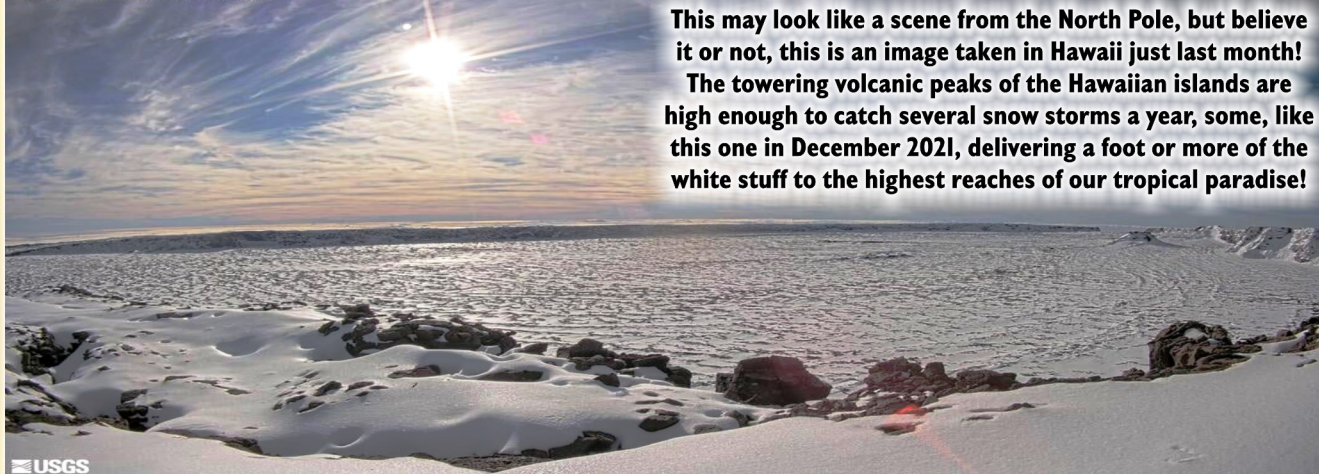


confidence,
teach job
skills, combat
depression,

and increase physical activity among volunteers of all ages. That's a wellness win-win!

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

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This may look like a scene from the North Pole, but believe it or not, this is an image taken in Hawaii just last month! The towering volcanic peaks of the Hawaiian islands are high enough to catch several snow storms a year, some, like this one in December 2021, delivering a foot or more of the white stuff to the highest reaches of our tropical paradise!

USGS