

FSD5  
Johnsonville High  
School

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

# MENUS FOR JANUARY 2025

# YOU'RE GOOD



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

FSD5 Child Nutrition Services



Chocolate Milk  
and Strawberry  
Milk are now  
Lactose Free

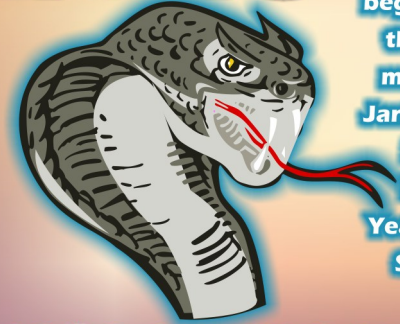
# SWEET DREAMS.



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

**Tuesday, January 7**

**Breakfast**

Sausage Biscuit  
Fruit, Juice, & Milk Choice

**Lunch**

Southwest Salad w/ Chicken  
or Uncrustable or  
Chicken Empanadas or  
Turkey Taco,  
Baby Carrots, Beans  
Salad w/ Ranch  
Fruit & Milk Choice

**Wednesday, January 8**

**Breakfast**

Pancake Pup  
Fruit, Juice, & Milk Choice

**Lunch**

Chef Salad w/ Ham  
or Uncrustable or  
Shrimp n Grits or  
Pork Carnitas and Grits  
Mixed Vegetables  
Roll  
Fruit & Milk Choice

**Thursday, January 9**

**Breakfast**

French Toast Sticks  
Fruit, Juice, & Milk Choice

**Lunch**

Southwest Salad w/ Chicken  
or Uncrustable or  
White BBQ Chicken Sammy  
Buffalo Wings  
Green Beans, Yams  
Roll  
Carrots w/ Ranch  
Fruit & Milk Choice

**Friday, January 10**

**Breakfast**

Cereal Bar or Cereal  
Fruit, Juice, & Milk Choice

**Lunch**

Chef Salad w/ Ham  
or Uncrustable or  
Pizza or  
Ham and Cheese on Bun  
Corn, Sun Chips  
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 Uncrustable or  
Baked Spaghetti or  
Chicken Filet Sandwich  
Lettuce / Tomato / Mayo  
Corn, Garlic Breadstick  
Fruit & Milk Choice

**Tuesday, January 14**

**Breakfast**

Mini Pancakes  
Fruit, Juice, & Milk Choice

**Lunch**

Southwest Salad w/ Chicken  
or Uncrustable or  
Beef Tacos or  
Chicken Salad Croissant  
Broccoli, 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 Uncrustable or  
Beef Stroganoff or  
BBQ Pork  
Corn, Cole Slaw  
Salad w/ Ranch  
Roll  
Fruit & Milk Choice

**Thursday, January 16**

**Breakfast**

Breakfast Pizza  
Fruit, Juice, & Milk Choice

**Lunch**

Southwest Salad w/ Chicken  
or Uncrustable or  
Buffalo Nuggets or  
BBQ Nuggets  
Yams  
Green Beans  
Roll  
Fruit & Milk Choice

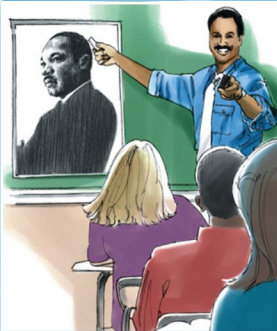
**Friday, January 17**

**Breakfast**

Cereal Bar or Cereal  
Fruit, Juice, & Milk Choice

**Lunch**

Chef Salad w/ Ham  
or Uncrustable or  
Pizza or Corn Dog  
French Fries  
Beans, Salad w/ Ranch  
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 Uncrustable or Walking Taco or Grilled Cheese  
Black Beans, Broccoli Salad w/ Ranch  
Fruit & Milk Choice

**Wednesday, January 22**

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

**Lunch**  
Chef Salad w/ Ham or Uncrustable or Beef Stroganoff or BBQ Pork  
Corn, Cole Slaw  
Salad w/ Ranch Roll  
Fruit & Milk Choice

**Thursday, January 23**

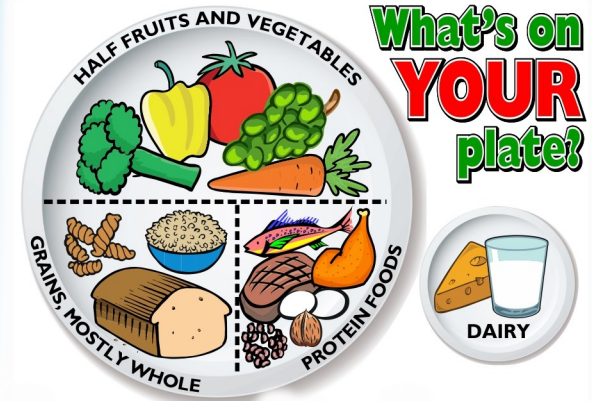
**Breakfast**  
French Toast Sticks  
Fruit, Juice, & Milk Choice

**Lunch**  
Southwest Salad w/ Chicken or Uncrustable or Garlic Parm Wings or BBQ Pork on Bun  
Green Bean, Veggie Sticks, Mac and Cheese, Roll  
Fruit & Milk Choice

**Friday, January 24**

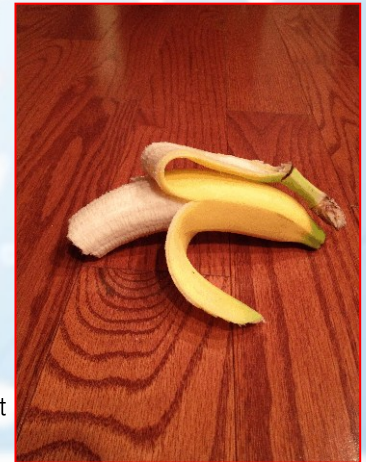
**Breakfast**  
Cereal Bar or Cereal  
Fruit, Juice, & Milk Choice

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



**Leave it alone.**

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)

**Monday, January 27**

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

**Lunch**  
Chef Salad w/ Ham or Uncrustable or Pork Chop Sandwich or Fish Sticks w/ Tarter Broccoli w/ Cheese, Sweet Potato Fries  
Fruit & Milk Choice

**Tuesday, January 28**

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

**Lunch**  
Southwest Salad w/ Chicken or Uncrustable or Chicken Caesar Wrap or Mexican Pizza  
Corn  
Salad w/ Ranch  
Fruit & Milk Choice

**Wednesday, January 29**

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

**Lunch**  
Chef Salad w/ Ham or Uncrustable or Beefy Mac or Rib Sandwich  
Steamed Broccoli, Salad w/ Ranch  
Carrots w/ Ranch, Roll  
Fruit & Milk Choice

**Thursday, January 30**

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

**Lunch**  
Southwest Salad w/ Chicken or Uncrustable or Buffalo Chicken Nuggets or Mandarin Orange Chicken  
Rice, Broccoli w/ Cheese Roll, Cole Slaw  
Fruit & Milk Choice

**Friday, January 31**

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

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

**OUR NATION'S HISTORY**

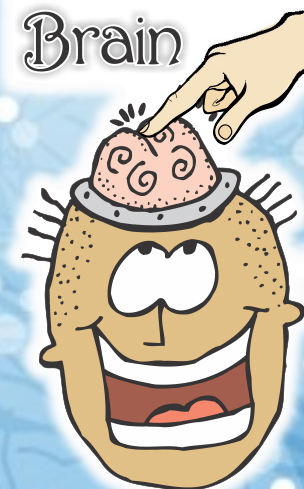


On January 31, 1865 – 160 years ago this month – Congress passed the 13th Amendment to the Constitution, outlawing slavery forever in the United States. The passage of the 13th Amendment culminated a great effort by President Abraham Lincoln and his cabinet and their allies in and out of Congress and 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