



### Preventing the Flu: Good Health Habits Can Help Stop Germs

**Get Vaccinated:** The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season.

**Avoid close contact:** Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

**Stay home when you are sick:** If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

**Cover your mouth and nose:** Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS), are spread by cough, sneezing, or unclean hands.

**Clean your hands:** Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub

**SECOND ENTRÉE OPTIONS:** Peanut Butter & Jelly on Bread or Cheese on Bun (served with menu of the day sides) **Entrée Only \$2.25 Meal \$2.90 – Students**

**Grab and Go Meal:** Chipped Turkey & Cheese on Ciabatta Roll, Cool Ranch Doritos, Fresh Fruit (served with veggie/salad bar) **\$2.90 Students (not sold separately) \$3.50 Adult**

**Veggie/Salad Bar Only: \$2.90 Students \$Adult** Salad will be weighed for pricing. (protein side & 2 oz. grain will be added when purchased as a meal)

### SNACKS

We offer a variety of a la carte SMART snack items in our cafeteria.

### MEAL PRICING:

Lunch Full Price-Student	\$2.85
Lunch Full Price-Adult	\$3.50
Reduced Lunch Price	\$0.40
Milk/Juice Only	\$0.50
Adult/Visitor	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 	2 NO School Break	3 Nacho's (Crispy Round Tortilla Chips, Reduced Fat Cheese Sauce, Taco Meat) Salsa Black Beans Salad Bar/Lite Ranch Cook's Choice Fresh Fruit Milk Choice	4 Cheese Pizza Sweet Potato Wedges 1 Condiment Salad Bar/Lite Ranch Animal Crackers Cook's Choice Fresh Fruit Milk Choice
7 Hamburger/ Bun 2 Condiments Sweet Potato Wedges Veggie Bar/Lite Ranch Cook's Choice Fruit Milk Choice	8 Fish Nuggets Baked Beans 1 Condiment Veggie Bar/Lite Ranch Cook's Choice Fruit Milk Choice	9 Chicken Strips Dipping Sauce 1 Pan Roll Mashed Potatoes Veggie Bar/Lite Ranch Cook's Choice Fruit Milk Choice	10 Meaty Baked Spaghetti 1 Breadstick California Blend Salad Bar/Lite Ranch Cook's Choice Fresh Fruit Milk Choice	11 Pizza Quesadilla Broccoli & Cheese Salad Bar/ Lite Ranch Baked Doritos Cook's Choice Fresh Fruit Milk Choice
14 Pork Rib w/ BBQ Bun 2 Condiment Oven Fries Veggie Bar/Lite Ranch Cook's Choice Fruit Milk Choice	15 Breaded Chicken Pattie Bun 1 Condiment Green Beans Veggie Bar/Lite Ranch Cook's Choice Fruit Milk Choice	16 LS Tomato Soup Toasted Cheese Sandwich Veggie Bar/Lite Ranch Chocolate Chip Gripz Cook's Choice Fruit Milk Choice	17 Popcorn Chicken/ Dipping Sauce Baked Beans Salad Bar/Lite Ranch Baked Doritos Cook's Choice Fresh Fruit Milk Choice	18 Cheese Pizza Crunchers Marinara Sauce Oven Fries /Condiment Salad Bar/Lite Ranch Cook's Choice Fresh Fruit Milk Choice
21 NO SCHOOL Martin Luther King Day	22 Bread Porkchop Pattie Pan Roll Mash Potatoes & White Gravy 1 Condiment Veggie Bar/Lite Ranch Cook's Choice Fruit Milk Choice	23 Nacho's (Crispy Round Tortilla Chips, Reduced Fat Cheese Sauce, Taco Meat) Salsa Steam Corn Veggie Bar/Lite Ranch Cook's Choice Fruit Milk Choice	24 Chili Peanut butter Sandwich WGR Crackers Salad Bar/Lite Ranch Cook's Choice Fresh Fruit Milk Choice	25 Stuff Crust Pepperoni Cheese Pizza Mixed Vegetables Salad Bar/Lite Ranch Mini Rice Krispy Treat Cook's Choice Fresh Fruit Milk Choice
28 Chicken Nuggets Dipping Sauce Broccoli & Cheese Veggie Bar/Lite Ranch Cook's Choice Fruit Milk Choice	29 Salisbury Steak w/ Gravy 1 Pan Roll 1 Condiment Mashed Potatoes Veggie Bar/Lite Ranch Cook's Choice Fruit Milk Choice	30 Taco Wrap Sweet Potato Wedges 1 Condiment Veggie Bar/ Lite Ranch Cook's Choice Fruit Milk Choice	31 Sloppy Joe / Bun Baked Beans Baked Doritos Salad Bar/ Lite Ranch Cook's Choice Fresh Fruit Milk Choice	

Equal Opportunity: This institution is an equal opportunity provider.

**MENU SUBJECT TO CHANGE**

Condiment Choices: Ketchup, Mustard, Lite Dressing, Lite Mayo, Hot Sauce, BBQ Sauce, LS Soy Sauce

\*\*\*All Grain products are WR rich.

\*\*\* Milk Choices included 1%, skim, flavored and white