

January 2012
 High School Menu For
 Williamsburg-James City County
 Public Schools

Breakfast

\$1.45

Lunch

\$2.40-3.15

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Featured Specials of the Day

Tuesday, January 3

Corndog Nuggets (33)
 Grilled Ham & Cheese Sandwich (26)
 Pasta Salad W/Either (24)

Wednesday, January 4

Fiesta Rice Bowl (64)
 Chicken Fajitas (37)
 Nachos & Salsa W/Either (27)

Thursday, January 5

Macaroni & Cheese (38)
 Chili W/Rice (55)

Friday, January 6

Smart Pizza (46)
 Special Of The Day

Chionophobia



"Chionophobia" is the fear of snow or being snowbound.

Available Daily

- Fresh Salad Bar**
- Domino's Pizza**
- Spicy Chicken Sandwich**
- Chicken Sandwich**
- Cheeseburger**
- Assorted Wraps or Sandwiches**
- Yogurt & Graham Cracker Combo**
- Choice Of Milk**

FIT FAT

WANNA STAY FIT?

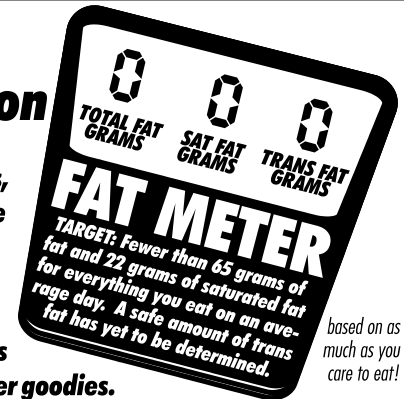
FIGHT THE FAT!



ITEM: Citrus Fruit

VERDICT: 'Tis the Season

TIP: Grapefruits, oranges, tangerines, and clementines are at the peak of their delicious goodness in the winter months. When you eat a whole fresh orange rather than drink juice, you get 3 grams of fiber in addition to vitamin C and other goodies.



based on as much as you care to eat!

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!**

Featured Specials of the Day

Monday, January 9

Loaded Nachos (81)
Dog In A Blanket (28)

Tuesday, January 10

Beef Patty W/Mashed Potatoes & Gravy (48)
Mexican Mac (24)
Wheat Roll W/Either (26)

Wednesday, January 11

Chicken Pot Pie (47)
Shrimp Poppers (16)
Macaroni & Cheese W/Either (19)

Thursday, January 12

Beef Stir Fry W/Rice (26)
Super Deli Sub (52)
Churro W/Either (27)

Friday, January 13

Smart Pizza (46)
Special Of The Day

Featured Specials of the Day

Monday, January 16

School will be closed on Monday, January 16
in honor of Martin Luther King, Jr.'s Birthday



Tuesday, January 17

Beef Soft Taco (34)
Spaghetti W/Meat Sauce (90)
WW Breadstick W/Either (19)

Wednesday, January 18

Soup & Grilled Cheese Sandwich (51)
Beef & Bean Burrito (36)
Nachos & Salsa W/Either (27)

Thursday, January 19

Quesadilla (45)
Chicken Parmesan W/Spaghetti (80)
Garlic Breadstick W/Either (20)

Friday, January 20

Smart Pizza (46)
Special Of The Day

DON'T LET THIS HAPPEN TO YOU!!!

SURELY, IF NICK SHOOK HARD ENOUGH, THE REMAINS OF HIS SMASHED SANDWICH WOULD EVENTUALLY COME UNGLUED FROM THE BOTTOM OF HIS BACKPACK.



NUTRITION ANALYSIS OF THIS TYPICAL SCHOOL LUNCH COMBO:

VEGETABLE CHILI
WHEAT ROLL W/BUTTER
MASHED POTATOES
APPLE COBBLER
NONFAT CHOCOLATE MILK

TOTAL CALORIES: 782
CALORIES FROM PROTEIN: 15%
CAL. FROM CARBOHYDRATES: 59%
CALORIES FROM FAT: 26%
GOAL: 30% OR LESS FAT CALORIES

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The Chinese New Year begins with the new moon on January 23. 2012 is the year of the Dragon.



YEAR OF THE DRAGON

Featured Specials of the Day

Monday, January 23

Enchiladas (37)
Chicken Cordon Bleu Sandwich (39)
Sugar Cookie W/Either (23)

Tuesday, January 24

Grilled Chicken BBQ Sandwich (40)
Turkey W/Mash Potatoes & Gravy (23)
Wheat Roll W/Either (26)

Wednesday, January 25

Early Release
No Lunch

Breakfast Served

Thursday, January 26

Early Release
No Lunch

Breakfast Served

Friday, January 27

No School

Monday, January 30

Chicken Fried Rice (26)
Cheeseburger Mac (18)
Cookie W/Either (23)

Tuesday, January 31

Chicken Alfredo W/Rotini (34)
Pizza Dippers (38)

Please see reverse for items available daily