

Let
Nutrition
Fuel your
Success!

R.O Hawkins JR High Lunch Menu



Week 1: Dec 31 - Jan 4

	12/31 Monday	1/1 Tuesday	1/2 Wednesday	1/3 Thursday	1/4 Friday
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New Years Resolutions for 2019

★ Exercise 30 min/day ★ Be More Grateful ★ Watch Less TV

★ Eat at Home Most Night ★ Quit Soda ★ Read More Books ★ Meet New People ★ Be On time

★ Make Your Bed Daily ★ Walk 1,000 More Steps/day ★ Learn To Cook ★ Volunteer ★ Learn a New Skill

Food and Nutrition Services
(573) 243-9597

Liz Aufdenberg: Food Service Director
Gloria Stoverink RD, LD: Nutrition Coordinator

Available Everyday	
Italian Way	Cheese-Pepperoni-Sausage Pizza Caesar Salad
Grab-n-go	Chef & Side Salad Sub Sandwich
Theme Bar	Veggies, Cottage Cheese, and Fruit



- Cost**
- Student: \$2.85
 - Adult: \$ 3.55
- Milk and Fresh Fruit Variety Served Daily
 - Menu Subject to Change

Week 2: January 7-11

	1/7 Monday	1/8 Tuesday	1/9 Wednesday	1/10 Thursday	1/11 Friday
Chief Style	Chicken Parmesan Marinara Pasta Steamed Broccoli	Mandarin Orange Chicken Brown Rice Stir-Fry Egg Roll	Burrito Bowl Sweet Corn	Western Steak Mashed Potatoes Green Beans Honey Wheat Hot Roll	Chicken Strips Biscuit Candied Sweet Potatoes
SANDWICH PATH →	Hot Dog/ Chili Dog Sweet Potato Fries	Cheeseburger French Fries	Spicy Chicken Sandwich Pepperoni Pasta Salad Roasted Cauliflower	Bacon Cheeseburger French Fries	Buffalo Chicken Sub Baked Beans
DESSERT	Cowboy Cookie	Cheesecake	Monster Bar Cookie	Scotty Bar	Vanilla Pudding

This institution is an equal opportunity provider.

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Week 1: January 14-18

	1/14 Monday	1/15 Tuesday	1/16 Wednesday	1/17 Thursday	1/18 Friday
Chief Style	Crispito Spanish Rice	Beef Street Tacos Cheesy Refried Beans	Lasagna Garlic Bread Stick Steamed Broccoli	Breaded Pork Patty Mashed Potatoes Seasoned Green Beans Honey Wheat Hot Roll	Chicken Nuggets Mac n' Cheese Garden Salad
SANDWICH PATH →	Grilled Chicken Club Sweet Potato Waffle Fries	Cheeseburger French Fries	Mini Corn Dogs Roasted Vegetables	Chili + PB Sandwich Roasted Cauliflower	Loaded Chili Cheese Tots Texas Caviar + Chips
DESSERT	Chocolate Pudding	Fruit & Yogurt Parfait	Chocolate Chip Cookie	Apple Crisp	Grape Sorbet

Available Everyday	
Italian Way	Cheese-Pepperoni-Sausage Pizza Caesar Salad
Grab-n-go	Chef & Side Salad Sub Sandwich
Theme Bar	Veggies, Cottage Cheese, and Fruit



- Cost**
- Student: \$2.85
 - Adult: \$ 3.55
- Milk and Fresh Fruit Variety Served Daily
 - Menu Subject to Change

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Week 2: January 21-25



	1/21 Monday	1/22 Tuesday	1/23 Wednesday	1/24 Thursday	1/25 Friday
Chief Style	MARTIN LUTHER KING JR. DAY	General Tso's Chicken Brown Rice Oriental Vegetable Stir-Fry Egg Roll	Cheese Enchiladas Refried Beans	BBQ Ribs Scalloped Potatoes Green Bean Casserole Hot Roll	Nacho Bar Sweet Corn
SANDWICH PATH →		Breakfast Sandwich on Pretzel Bun	Cheeseburger French Fries	Chicken Patty Sandwich Sweet Potato Waffle Fries	Turkey Bacon Ciabatta Veggies + Dip
DESSERT		Mud Bar	Cake Slice	Cinnamon Apples	Blue Raspberry Sorbet

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Week 1: January 28 - Feb 1

	1/28 Monday	1/29 Tuesday	1/30 Wednesday	1/31 Thursday	2/1 Friday
Chief Style	French Toast Sticks Sausage Link Tater Tots	Walking Taco Baked Beans	Toasted Ravioli Meat Sauce Broccoli w/ Cheese	Roasted Chicken Mashed Potatoes Seasoned Green Beans Hot Roll	  SAVE THE DATE April 13, 2019 5k & 1 Mile Run
SANDWICH PATH →	Chicken Noodle Soup + Grilled Cheese Roasted Broccoli	Cheeseburger Mac n' Cheese	BLT Croissant Sandwich French Fries	Fish Sticks French Fries	
DESSERT	Chocolate Chex Treat	Homemade Muffin	Chocolate Chip Cookie	Fudge Brownie	