

GARVEY SCHOOL DISTRICT

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

EHS / HS / TK MENUS
JANUARY 2025

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

Available Daily

MILK IS SERVED AT EVERY BREAKFAST, LUNCH & SNACK

1-2 YR. OLD = 1/2 CUP WHOLE UNFLAVORED MILK

& 2-5 YR. OLD = 3/4 CUP 1% UNFLAVORED MILK

ALL GRAINS OFFERED ARE WHOLE GRAIN RICH

Early Head Start (EHS) FOOD ITEMS ARE MODIFIED & ADJUSTED FOR TODDLERS

Monday, January 6

Breakfast

1 ea WG Waffles
1 ea Milk and 1/2 c Fruit

Lunch

1 ea Cheeseburger Slider (EHS)
2 ea Cheeseburger Sliders (HS)
1/4 c Yellow Corn
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Cheez Its
1 ea Low-Fat Milk

Tuesday, January 7

Breakfast

1 ea WG Pancakes
1 ea Milk and 1/2 c Fruit

Lunch

1 ea Bean and Cheese Burrito
1/4 c Steamed Baby Carrots
1 ea Milk and 1/2 c Fruit

Snack

1 ea Savory Crackers & Tuna Salad (HS)
1 ea Low-Fat Milk

Wednesday, January 8

Breakfast

1 ea Egg Patty & WG Toast
1 ea Milk and 1/2 c Fruit

Lunch

1 ea Galaxy Pizza Rounds
1/2 c Green Salad
1 ea Milk and 1/2 c Fruit

Snack

1 ea Apple Slices (HS)
1 ea Low-Fat Milk

Thursday, January 9

Breakfast

1 ea WG Cereal & Yogurt
1 ea Milk and 1/2 c Fruit

Lunch

1/2 c Chicken Penne Pasta w/
Marinara Sauce
1/4 c Mixed Vegetables
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Vanilla Dino Bites
1 ea Low-Fat Milk

Friday, January 10

Breakfast

1 ea WG Pizza Bagel
1 ea Milk and 1/2 c Fruit

Lunch

6 ea Popcorn Chicken (EHS)
12 ea Popcorn Chicken (HS)
1/4 c Oven Fries
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Rainbow Goldfish
1 ea Low-Fat Milk

Monday, January 13

Breakfast

1 ea WG Blueberry Muffin
1 ea Milk and 1/2 c Fruit

Lunch

1 ea WG Cheese Pull Aparts
1/4 c Green Beans
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Scooby Doo Grahams
1 ea Low-Fat Milk

Tuesday, January 14

Breakfast

1 ea WG Cereal & Yogurt
1 ea Milk and 1/2 c Fruit

Lunch

1 ea WG Turkey Ham & Cheese
Croissant Sandwich
1/4 c Yellow Corn
1 ea Milk and 1/2 c Fruit

Snack

1 ea Apple Slices & Sunbutter Cups
1 ea Low-Fat Milk

Wednesday, January 15

Breakfast

1 ea WG French Toast Sticks
1 ea Milk and 1/2 c Fruit

Lunch

1 ea Pizza Slider (EHS)
2 ea Pizza Slider (HS)
1/4 c Broccoli
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Cheddar Goldfish
1 ea Low-Fat Milk

Thursday, January 16

Breakfast

1 ea WG Breakfast Burrito
1 ea Milk and 1/2 c Fruit

Lunch

1/4 c Fajita Chicken & Corn Tortillas
1/4 c Vegetarian Beans
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Strawberry Graham
1 ea Low-Fat Milk

Friday, January 17

Breakfast

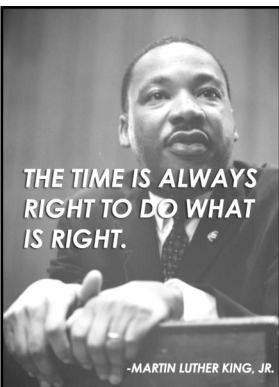
1 ea WG Pancakes
1 ea Milk and 1/2 c Fruit

Lunch

1 ea WG Chicken Taquitos
1/4 c Mixed Vegetables
1 ea Milk and 1/2 c Fruit

Snack

1 ea WG Jungle Crackers
1 ea Low-Fat Milk



THE TIME IS ALWAYS RIGHT TO DO WHAT IS RIGHT.

-MARTIN LUTHER KING, JR.

Monday, January 20
MLK Day
No School Today

Tuesday, January 21

Breakfast
 1 ea WG Cereal & Yogurt
 1 ea Milk and 1/2 c Fruit

Lunch
 1 ea Hamburgers
 1/4 c Yellow Corn
 1 ea Milk and 1/2 c Fruit

Snack
 1 ea Savory Crackers & Tuna Salad
 1 ea Low-Fat Milk

Wednesday, January 22

Breakfast
 1 ea Egg Patty & WG Toast
 1 ea Milk and 1/2 c Fruit

Lunch
 1 ea Cheese Calzone
 1/2 c Green Salad
 1 ea Milk and 1/2 c Fruit

Snack
 1 ea Very Berry Parfaits
 1 ea Low-Fat Milk

Thursday, January 23

Breakfast
 1 ea WG Pancakes
 1 ea Milk and 1/2 c Fruit

Lunch
 1/2ea BBQ Pulled Pork Hoagie (EHS)
 1 BBQ Pulled Pork Hoagie (HS)
 1/4 c Broccoli
 1 ea Milk and 1/2 c Fruit

Snack
 1 ea WG Cheez-Its
 1 ea Low-Fat Milk

Friday, January 24

PLANNING DAY
No EHS & Full Day Classes

Breakfast
 1 ea WG Cereal & Yogurt
 1 ea Milk and 1/2 c Fruit

Lunch
 1 ea WG Grilled Cheese (HS)
 1/4 c Mixed Vegetables
 1 ea Milk and 1/2 c Fruit

Snack
 1 ea WG Belly Bear Grahams
 Low-Fat Milk

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 27

Breakfast
 1 ea WG Waffle
 1 ea Milk and 1/2 c Fruit

Lunch
 1 ea WG Chicken Sandwich
 1/4 c Steamed Baby Carrots
 1 ea Milk and 1/2 c Fruit

Snack
 1 ea WG Vanilla Sports Bites
 1 ea Low-Fat Milk

Tuesday, January 28

Breakfast
 1 ea WG Pancakes
 1 ea Milk and 1/2 c Fruit

Lunch
 1 ea WG Beef Taco Stick
 1/4 c Mixed Vegetables
 1 ea Milk and 1/2 c Fruit

Snack
 1 ea Sliced Apples
 1 ea Low-Fat Milk

Wednesday, January 29

Breakfast
 1 ea WG Cereal & Yogurt
 1 ea Milk and 1/2 c Fruit

Lunch
 1/2 ea Deep Dish Pizza (EHS)
 1 ea Deep Dish Pizza (HS)
 1/4 c Yellow Corn
 1 ea Milk and 1/2 c Fruit

Snack
 1 ea WG Strawberry Grahams
 1 ea Low-Fat Milk


Thursday, January 30

Breakfast
 1 ea WG French Toast Sticks
 1 ea Milk and 1/2 c Fruit

Lunch
 1/4 c Teriyaki Chicken & 1/2c Brown Rice
 1/4 c Broccoli
 1 ea Milk and 1/2 c Fruit



Snack
 1 ea WG Belly Bear Grahams
 1 ea Low-Fat Milk

Friday, January 31



No School Today

I am the letter

volcano

Monday, February 3


Breakfast
 1 ea WG Blueberry Muffin
 1 ea Milk and 1/2 c Fruit

Lunch
 1 ea WG Cheese Breadsticks w/ Marinara Sauce
 1/4 c Green Beans
 1 ea Milk and 1/2 c Fruit

Snack
 1 ea WG Scooby Doo Grahams
 1 ea Low-Fat Milk

DON'T 4GET!

To make a lunch, choose at least one



Fruit/Juice or **Veggie**

and 3-5 items total

GARVEY SCHOOL DISTRICT - FOOD SERVICES DEPARTMENT

Word of the Month

judgment

n. 1. the ability to assess situations and draw sound conclusions
 2. good sense 3. an opinion formed after careful consideration



GSD Food Services Department
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