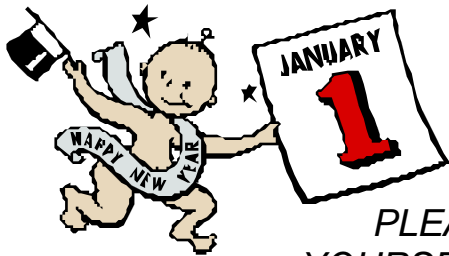
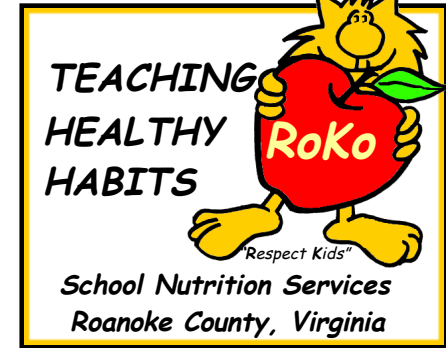


Do you feel stuck? Want more energy?  
Get energized with a school lunch!



**\* SCHOOL LUNCH is a Nutritional SLAM DUNK!**  
\* 1/3 of Recommended Daily Allowances of required Vitamins & Minerals

PLEASE CONDUCT  
YOURSELF ACCORDINGLY  
IN THE NEW YEAR



BE ACTIVE...STAY ACTIVE...PLAY ACTIVE!

# JANUARY 2012 SECONDARY

ROANOKE COUNTY PUBLIC SCHOOLS  
SCHOOL NUTRITION SERVICES

### LUNCH PRICES

Full.....\$2.05  
Reduced.....40¢  
Adult.....\$2.60

### LUNCH OPTIONS

CHEF SALAD  
PB&J UNCRUSTABLE  
YOGURT

CHOICE OF MILK OFFERED DAILY

### Good Help Wanted

Work only when your child is in school.  
Snow days, holidays & summers off!

Substitute positions open.

We hire for positions from our sub list.  
If interested call **562-3788**



I want a school lunch!



Walking the dog is a  
great way to exercise.



**MONDAY 2**  
CHEESY GARLIC FLATBREAD (2)  
CHEESEBURGER on BUN  
TURKEY CHILIDOG on BUN

.. CHOOSE TWO ..  
SPICY POTATO WEDGES  
STEAMED CABBAGE  
HOMESTYLE RED BEANS & RICE  
ASSORTED FRUIT OR JUICE

**TUESDAY 3**  
*RoKo's* or ITAL. SAUSAGE PIZZA  
CHICKEN PATTY on BUN  
EGG SALAD WRAP

.. CHOOSE TWO ..  
SEASONED GREEN BEANS  
OVEN ROASTED POTATOES  
HOMESTYLE BLACK EYED PEAS  
ASSORTED FRUIT OR JUICE

**WEDNESDAY 4**  
STROMBOLI  
PORK CHORIZO RICE BOWL  
TURKEY CORN DOG

.. CHOOSE TWO ..  
SEASONED BROCCOLI  
FRUIT CRISP  
ORANGE GLAZED YAMS  
ASSORTED FRUIT OR JUICE

**THURSDAY 5**  
SALISBURY STEAK / WW ROLL  
BBQ PORK RIB SUB w/pickles  
BEEF & CHEESE ROKEETO

.. CHOOSE TWO ..  
MASHED POTATOES & GRAVY  
SEASONED BABY LIMAS  
CUCUMBER & TOMATO SALAD  
ASSORTED FRUIT OR JUICE

**FRIDAY 6**  
POPCORN CHIK'N / WW ROLL  
HOT TURKEY BISCUIT

.. CHOOSE TWO ..  
CURLY FRIES  
SEASONED CORN  
ASSORTED FRUIT OR JUICE

**MONDAY 9**  
MAXSTIX w/ MARINARA  
CHEESEBURGER on BUN  
TURKEY CHILIDOG on BUN

.. CHOOSE TWO ..  
SEASONED GREEN BEANS  
HARVARD BEETS  
SEASONED CARROTS  
ASSORTED FRUIT OR JUICE

**TUESDAY 10**  
*RoKo's* or PORK CHORIZO PIZZA  
CHEESEBURGER on BUN  
CHEESY CHIK'N FAJITA WRAP

.. CHOOSE TWO ..  
BROCCOLI-RICE CASSEROLE  
STEWED TOMATOES  
SEASONED CORN  
ASSORTED FRUIT OR JUICE

**WEDNESDAY 11**  
TEXAS PORK BBQ on BUN w/ slaw  
BEEFY CHILI w/ DORITOS  
GEN. TSO'S CHIK'N /ORIENTAL RICE

.. CHOOSE TWO ..  
SEASONED GREEN BEANS  
GLAZED CARROTS  
SUGAR SNAP PEAS  
ASSORTED FRUIT OR JUICE

**THURSDAY 12**  
PORK STEAK & GRAVY / WW ROLL  
TURKEY & STUFFING / WW ROLL  
SPICY ITALIAN HOAGIE

.. CHOOSE TWO ..  
MASHED POTATOES & GRAVY  
SEASONED GREEN PEAS  
HOMESTYLE BROWN BEANS  
ASSORTED FRUIT OR JUICE



Get energized.  
Teacher  
Workday.  
Student  
Exercise  
Day.

# JANUARY 2012

Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you too, can become great. ~ Mark Twain

# SECONDARY MENU



It's never too busy to get physical.



SCHOOL CLOSED HOLIDAY



## TUESDAY 17

RoKo's or BUFFALO CHIX PIZZA  
CHICKEN PATTY on BUN  
EGG SALAD WRAP

•• CHOOSE TWO ••  
SEASONED CORN  
SEASONED KALE  
HOMESTYLE NORTHERN BEANS  
ASSORTED FRUIT OR JUICE

## WEDNESDAY 18

BEEFY-CHYZ TOSTITO SCOOPS  
TURKEY PIG - IN - A - BLANKET  
ITALIAN SAUSAGE HOAGIE

•• CHOOSE TWO ••  
SEASONED TATER  
REFRIED BEANS  
BROCCOLI-CAULIFLOWER SALAD  
ASSORTED FRUIT OR JUICE

## THURSDAY 19

SALISBURY STEAK / WW ROLL  
ROAST PORK & GRAVY / WW ROLL  
BUFFALO CHIK'N PATTY on BUN

•• CHOOSE TWO ••  
MASHED POTATOES & GRAVY  
SEASONED MIXED VEGETABLES  
MANAGER CHOICE VEGGIE  
FRUITED JELLO OR JUICE

## FRIDAY 20

CHIK'N NUGGETS / WW ROLL  
ROKO-RONI / WW ROLL

•• CHOOSE TWO ••  
BBQ BAKED BEANS  
SEASONED CALIF. BLEND VEGGIES  
ASSORTED FRUIT OR JUICE

## MONDAY 23

STROMBOLI  
CHICKEN PATTY on BUN  
PORK CHORIZO RICE BOWL

•• CHOOSE TWO ••  
SPICY POTATO WEDGES  
STEAMED CABBAGE  
HOMESTYLE RED BEANS & RICE  
ASSORTED FRUIT OR JUICE

## TUESDAY 24

RoKo's or ITAL. SAUSAGE PIZZA  
CHEESEBURGER on BUN  
BBQ PORK RIB SUB w/pickles

•• CHOOSE TWO ••  
SEASONED GREEN BEANS  
OVEN ROASTED POTATOES  
HOMESTYLE BLACK EYED PEAS  
ASSORTED FRUIT OR JUICE

## WEDNESDAY 25

CHEESY GARLIC FLATBREAD (2)  
GRILLED CHIK'N PATTY w/ L&T  
HOT ITALIAN TURKEY WRAP

•• CHOOSE TWO ••  
SEASONED BROCCOLI  
FRUIT CRISP  
ORANGE GLAZED YAMS  
ASSORTED FRUIT OR JUICE

## THURSDAY 26

PORK STEAK & GRAVY / WW ROLL  
CHEESY CHIK'N QUESADILLA  
TURKEY CORNDOG

•• CHOOSE TWO ••  
MASHED POTATOES & GRAVY  
SEASONED BABY LIMAS  
CUCUMBER & TOMATO SALAD  
ASSORTED FRUIT OR JUICE

## FRIDAY 27

POPCORN CHIK'N / WW ROLL  
TURKEY ALFREDO / WW ROLL

•• CHOOSE TWO ••  
CURLY FRIES  
SEASONED CORN  
ASSORTED FRUIT OR JUICE

## MONDAY 30

BREAKFAST - 4 - LUNCH  
CHEESEBURGER on BUN  
TURKEY CHILIDOG on BUN

•• CHOOSE TWO ••  
PANNED APPLES  
COUNTRY POTATOES  
HOMESTYLE HOPPIN' JOHN  
ASSORTED FRUIT OR JUICE

## TUESDAY 31

RoKo's or PORK CHORIZO PIZZA  
CHICKEN PATTY on BUN  
MEATBALL WRAP

•• CHOOSE TWO ••  
BROCCOLI-RICE CASSEROLE  
STEWED TOMATOES  
SEASONED CORN  
ASSORTED FRUIT OR JUICE



## What are the nutritional requirements for school lunch?

School meals must meet the Dietary Guidelines for Americans, which recommend that no more than 30 percent of an individual's calories come from fat, and less than 10 percent from saturated fat. Regulations also establish a standard for school lunches to provide one-third of the Recommended Dietary Allowances of protein, Vitamin A, Vitamin C, iron, calcium, and calories.



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