Menus for JANUARY 2019

LIVINGSTON PARISH PUBLIC SCHOOLS

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

Available Daily

MILK CHOICE

BOTTLED WATER

FRESH FRUIT

CHILLED FRUIT

GO BY THE NUMBERS

THE PERCENTAGE OF TEENS' CAR ACCIDENTS THAT INVOLVE DRIVING WHILE DISTRACTED.

Happy New Year

Welcome Back!

We hope you enjoyed your break!

Featured Specials of the Day

Tuesday, January 8
Popcorn Chicken, Mashed Potatoes
Steamed Corn, WG Roll, BBQ Sauce

Wednesday, January 9
Shrimp Poppers, Mac & Cheese, Green Beans
Spinach Salad w/ Ranch Dressing, WG Roll

Thursday, January 10
Chicken Fajitas, Refried Beans
Taco Salad Cup, Cheese Cup, Salsa

Friday, January 11
Hamburger OR Cheeseburger
French Fries, Relish Cup

WE HAVE YOUR NEW YEAR'S RESOLUTION

Join us every day for convenient, economical, healthy meals!

All of our complete meals are always

NO CHARGE

for all students

with no need to submit an application, thanks to the Community Eligibility Program!

★ Our Nation's History ★

Nothing more than a spit of sand in the Hudson River just off Manhattan, the tiny island was variously know as Gull Island, Oyster Island, and Gibbet Island, until a businessman named Ellis built a fishermen's gathering spot on it around the time of the revolutionary war. Then, in January 1892 – 127 years ago this month -- the U.S. Government opened the Ellis Island Immigration Station on the land. Over the next 50 years, 12 million immigrants would take their first step in America onto little Ellis Island. If you can't visit, you can search for relatives who came through at ellisisland.org.

★ With Liberty & Justice for All ★

CAN IT.

Research continues to show that drinking regular soda has zero upside for your health and plenty of down-side. Why not make this the year you "can" your sugary soda habit? And satisfy your sweet tooth with fresh fruit!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Featured Specials of the Day

Monday, January 14
Pork Chop OR Salisbury Steak
Mashed Potatoes w/ Brown Gravy
Black Eye Peas, WG Roll
Tuesday, January 15
Chicken & Sausage Gumbo w/ Brown Rice
Garden Salad w/ Ranch Dressing WW Crackers
Potato Salad, *Hershey's* Juice Rush
Wednesday, January 16
Pepperoni Pizza, Steamed Corn
Spinach Salad w/ Ranch Dressing
Thursday, January 17
Orange Chicken w/ Vegetable Rice, Broccoli & Cheese
Marinated Cucumber & Tomatoes, Brownie
Friday, January 18
Corn Dog, French Fries, Carrot Cup w/ Ranch Dip

eatfit

wanna stay fit?
gotta eat right!

item:
monstro burger
verdict:
gulp!?

tip: *Notice how the burger in the picture is overwhelming the words "gotta eat right"? There's a lesson there. The burgers just keep growing. One highly-hyped new burger delivers the numbers you see here – and it's not unusual. Know what you're getting yourself into – and don't go for such a burger too often.*

Based on a highly-hyped burger from a national chain

THE A LIST — Top 10 Artists December 2018

1/Mumford & Sons
2/Queen
3/Michael Buble
4/Ariana Grande
5/ Imagine Dragons
6/Drake
7/Post Malone
8/Mariah Carey
9/Halsey
10/Cardi B

Source: Billboard

Please see reverse for items available daily

Featured Specials of the Day

Monday, January 21
School will be closed on Monday, January 21 in honor of Martin Luther King, Jr.'s Birthday

Tuesday, January 22
Chicken Tenders OR Chicken Breast
Mashed Potatoes w/ Gravy, Green Beans, WG Roll
Wednesday, January 23
Spaghetti w/ Meat Sauce, Steamed Corn
Spinach Salad w/ Ranch Dressing, WG Garlic Roll
Hershey's Juice Rush
Thursday, January 24
Beefy Nachos, Refried Beans,
Taco Salad Cup, Cheese Cup
Friday, January 25
Chicken OR Spicy Chicken Sandwich
French Fries, Relish Cup
Monday, January 28
Popcorn Chicken, Mashed Potatoes
Steamed Corn, WG Roll, BBSQ Sauce
Tuesday, January 29
Red Beans w/ Sausage, Brown Rice
Cornbread, Mustard Greens, Sweet Potatoes
Wednesday, January 30
Shrimp Poppers, Mac & Cheese, Green Beans
Spinach Salad w/ Ranch Dressing
Thursday, January 31
Chicken Fajitas, Refried Beans,
Taco Salad Cup, Cheese Cup