

# JANUARY 2018

## Spencer Van-Etten School

### MONDAY

**1** Winter Recess  
If your Financial situation changed recently you may be eligible for free and or reduced meals for your children. Check our web site for details, Svecsd.org Look in cafeteria news!

**8** BAKED POTATO BAR  
CHEESE SAUCE  
STEAMED BROCCOLI OR CHOICE OF CHILI OR BOTH  
FIELD GREEN SALADS WITH RANCH DRESSING  
WHOLE WHEAT DINNER ROLL MARGARINE PAT

**15** NO SCHOOL AS WE CELEBRATE DR. MARTIN LUTHER KINGS JR DAY HE WAS A BAPTIST MINISTER AND ACTIVIST WHO WAS A LEADER IN AFRICAN-AMERICAN CIVIL RIGHTS MOVEMENT

**22** MOMS MEATLOAF  
GROUND BEEF  
SEASONED JUST RIGHT, TOPPED WITH KETCHUP AND SERVED WITH WHIPPED POTATOES, BROWN GRAVY, CORN  
WHOLE WHEAT DINNER ROLL MARGARINE PAT

**29** HAM BURGERS OR CHEESE BURGERS  
SWEET POTATO FRIES  
BBQ BAKED BEANS  
FIELD GREENS SALADS WITH CHOICE OF ITALIAN DRESSING

### TUESDAY

**2** CHICKEN PATTY SERVED ON A WHOLE WHEAT ROLL  
SHREDDED LETTUCE, SLICED TOMATOES  
FRENCH FRIES  
APPLE SAUCE

**9** TURKEY SUBS  
SLICED TURKEY BREAST SERVED ON A WHOLE WHEAT ROLL SHREDDED LETTUCE, SLICED TOMATOES, DILL PICKLE CHIPS  
BAGGED SNACK

**16** SHEPPARDS PIE  
SEASONED GROUND BEEF LAYERED WITH MASHED POTATOES AND CORN, ASSORTED VEGETABLE STICKS WITH RANCH DRESSING FOR DIPPING, APPLE SAUCE

**23** TACO TUESDAY  
SEASONED GROUND BEEF SERVED IN A CRISPY CORN TACO SHELL, SHREDDED LETTUCE, DICED TOMATOES, CHEDDER CHEESE SOUR CREAM SALSA, MEXICAN BEANS

**30** ROASTED TURKEY BREAST IN OUR OVENS  
SLICED TURKEY BREAST OPEN FACED ON A SLICE OF WHOLE WHEAT BREAD, GRAVY, WHIPPED POTATOES, SEASONED FRESH STEAMED CARROTS

### WEDNESDAY

**3** BRUNCH LUNCH  
SCRAMBLED EGGS  
FRENCH TOAST STICKS  
SAUSAGE  
TATER TOTS  
MAPLE SYRUP  
STRAWBERRY CUPS

**10** BAKED SEASONED CHICKEN  
WHIPPED POTATOS  
GRAVY  
SEASONED GREEN BEANS  
WHOLE WHEAT DINNER ROLL, PAT MARGARINE  
FRESH FRUIT

**17** PASTA WITH MARINARA SAUCE  
GARLIC TOASTED BREAD WITH MELTED MOZARELLA CHEESE  
SAUTE FRESH ZUCHINNE

**24** MEXICAN STYLE BONELESS CHICKEN BREAST MEAT IN A SPICY TOMATOE SAUCE SERVED OVER STEAMED RICE  
SEASONED BROCCOLI  
WHOLE WHEAT DINNER ROLL MARGARINE PAT

**31** CHICKEN BURRITO  
FLOUR TORTILLIA ROLLED W/SEASONED CHICKEN FILLING TOPPED WITH SALSA AND CHEESE  
STEAMED RICE  
MEDLEY OF SAUTE FRESH VEGETABLES

### THURSDAY

**4** ROASTED TURKEY BREAST IN OUR OVENS  
SLICED TURKEY BREAST SERVED OPEN FACED ON A SLICE OF WHOLE WHEAT BREAD, GRAVY, WHIPPED POTATOES, SEASONED GREEN BEANS

**11** CREAMED CHICKEN SERVED OVER STEAMED RICE  
STEAMED GREEN PEAS  
WHOLE WHEAT DINNER ROLL PAT MARGARINE  
FRESH FRUIT CUP

**18** GRILLED HOT DOG SERVED IN A WHOLE WHEAT ROLL DICED ONIONS AT MIDDLE AND HIGH SCHOOL, KETCHUP, MUSTARD  
DILL PICKLE CHIPS  
CHOICE OF PASTA OR POTATOE SALAD

**25** BRUNCH LUNCH  
SCRAMBLED EGGS  
FRENCH TOAST STICKS  
SAUSAGE  
TATER TOTS  
MAPLE SYRUP  
FRESH FRUIT CUPS

### FRIDAY

**5** CHEESE PIZZA MADE ON FRESH CRUST  
STEAMED BROCCOLI  
SWEET POTAOES FRIES  
FRESH FRUIT SELECTIONS

**12** ALL AMERICAN GRILLED CHEESE ON TOASTED WHOLE WHEAT BREAD  
CAMPBELLS TOMATO SOUP  
FRENCH FRIES  
APPLE SAUCE CUPS

**19** MACARONI AND CHEESE  
CLASSICAL CHEESE SAUCE BLENDED WITH ELBOW MACARONI  
STEWED TOMATOES  
FRESH FRUIT SELECTIONS  
WHOLE WHEAT DINNER ROLL PAT MARGARINE

**26** TEACHERS CONFERENCE DAY  
NO SCHOOL

## A La Carte

P&B JELLY SANDWICH  
FRESH SIDE SALADS  
VARIETY OF CONDIMENTS  
FRESH FRUIT IN EXTRA LITE SYRUP  
100% WHOLE GRAIN ENRICHED BREAD AND ROLLS  
100% FRUIT JUICE (TUE/THUR ELEM/MIDDLES EVERY DAY @HIGH SCHOOL  
SKIM AND FAT FREE CHOC MILK ONLY SERVED  
SALAD BAR EVERY DAY @ HIGH SCHOOL

PRICING:  
BREAKFAST \$1.25  
LUNCH ELEM \$2.30  
MS/HS \$2.55  
REDUCED \$2.25  
ADULTS \$4.25

## School News

ASSORT CEREALS, GRANOLA BARS, BREAKFAST BARS, GRAHAM CRACKERS  
BREAKFAST MENU:  
MON: COLD CEREAL  
TUE: BREAKFAST STICK  
WED: BREAKFAST PIZZA  
THUR: BREAKFAST SANDWICH  
FRI: FRUIT SMOOTHIES

## DID YOU KNOW...

JANUARY IS NAMED AFTER THE ROMAN GOD JANUS, WHO WAS ALWAYS SHOWN AS HAVING TWO HEADS. HE LOOKED BACK TO THE LAST YEAR AND FORWARD TO THE NEW ONE.