

Roslyn Public Schools

# Menus for January 2024

This institution is an equal  
opportunity provider.

## AVAILABLE DAILY

Handmade Pizza,  
Salad Bar,  
Boars Head Meats on  
Panni's, Wraps, Rolls, Flat Bread  
Whole Wheat Bread  
Yogurt Parfaits  
Variety of Low Fat Milk  
Juice .

### Featured Specials of the Day



*Welcome Back!*  
*We hope you  
enjoyed your break!*

Tuesday, January 2  
Taco w/Rice & Vegetables

Wednesday, January 3  
Pasta w/Protein & Vegetables

Thursday, January 4  
Chicken Patty w/ Rice & Vegetables

Friday, January 5  
Tangerine Chicken w/ Rice & Vegetables

Monday, January 8  
Grilled Cheese w/ Tomato Soup

Tuesday, January 9  
Chicken Tender w/Rice & Vegetables

Wednesday, January 10  
Pasta w/Protein & Vegetables

Thursday, January 11  
Chicken Patty w/ Rice & Vegetables

Friday, January 12  
Tangerine Chicken w/ Rice & Vegetables

DON'T LET THIS HAPPEN TO YOU!!!



ONE DAY IN JANUARY, THE  
REALITY HIT TRISHA LIKE A  
STRAIGHT SHOT OF HABANERO  
PEPPER SAUCE: SHE WAS  
GRADUATING IN JUNE!  
**SHE'D NEVER TASTE  
MRS. ESTRADA'S  
CHILI AGAIN!**

**eatfit**  
wanna stay fit?  
gotta eat right!



**item:**  
pretzels  
**verdict:**  
twisted

**tip:** A twisted snack,  
indeed. Pretzels have zero fat  
and some fiber (especially if  
you eat whole-grain  
versions). But they're  
loaded with salt and,  
once you get your hand  
in that bag, you can easily  
eat 500 or more calories in no time.  
So be aware and try not to eat too many!



# Word *of the* Month

## ser·vice

*noun* 1. help, use, benefit <happy to be of *service*> 2. contribution to the welfare of others 3. a helpful act <did her a *service*>

### Featured Specials of the Day

Monday, January 15

*School will be closed on Monday, January 15 in honor of Martin Luther King, Jr.'s Birthday*



Tuesday, January 16

Chicken Tender w/Rice & Vegetables

Wednesday, January 17

Pasta w/Protein & Vegetables

Thursday, January 18

Chicken Patty w/ Rice & Vegetables

Friday, January 19

Tangerine Chicken w/ Rice & Vegetables

### Featured Specials of the Day

Monday, January 22

Grilled Cheese w/ Tomato Soup

Tuesday, January 23

Chicken Tender w/Rice & Vegetables

Wednesday, January 24

Pasta w/Protein & Vegetables

Thursday, January 25

Chicken Patty w/ Rice & Vegetables

Friday, January 26

Tangerine Chicken w/ Rice & Vegetables

Monday, January 29

Cinnamon French Toast & Egg Omelet

Tuesday, January 30

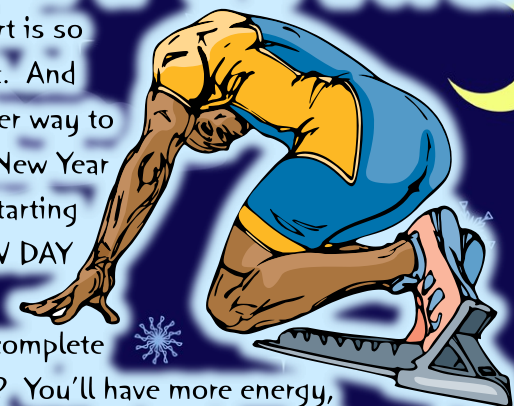
Chicken Tender w/Rice & Vegetables

Wednesday, January 31

Pasta w/Protein & Vegetables

# GREAT STARTS.

A fast start is so important. And what better way to start the New Year than by starting each NEW DAY with a healthy, complete breakfast? You'll have more energy, be more alert, and feel full through the morning!



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

## If Mom misses the bag, let her use it on the weekend!

Tell Mom to chill -- we've got you covered during the week, with tasty, nutritious meals that are here for you every school day. Tell her that studies show it actually costs more on average to make lunch than to buy lunch at school. In fact, with the cost of feeding a family these days, our meals are a bigger bargain than ever. And if Mom's feeling guilty about that 500 pack of brown paper bags she bought, let her pack you a lunch on the weekend!

