





# January Supper Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
	<b>1</b>  <b>Winter Break</b> <b>No School</b>	<b>2</b>  <b>Winter Break</b> <b>No School</b>	<b>3</b>  <b>Winter Break</b> <b>No School</b>	<b>4</b>  <b>Teacher Workday</b> <b>No School</b>
<b>7</b>  Teriyaki Chicken w/ Brown Rice Fresh Celery w/ Ranch packet Steamed Green Beans (EHS) Pear White & Chocolate FF Milk	<b>8</b>  BBQ Pulled Pork on WG Ciabatta Baked Beans Orange White & Chocolate FF Milk	<b>9</b>  Four Cheese Lasagna Steamed Broccoli Granny Smith Apple White & Chocolate FF Milk	<b>10</b>  Sausage & Waffles Steamed Corn Pear White & Chocolate FF Milk	<b>11</b>  Cheese Pizza Slice Baby Carrots w/ Ranch Packet Steamed Carrots (EHS) Raisins White & Chocolate FF Milk
<b>14</b>  Charleston Chicken Sandwich on WG Bun Baked Beans Pear White & Chocolate FF Milk	<b>15</b>  Salisbury Steak w/ Gravy Brown Rice Fresh Celery w/ Ranch Packet Steamed Green Beans (EHS) Orange White & Chocolate FF Milk	<b>16</b>  Homemade Macaroni & Cheese Steamed Broccoli Granny Smith Apple White & Chocolate FF Milk	<b>17</b>  Beef Empanadas w/ Spanish Rice Steamed Corn Pear White & Chocolate FF Milk	<b>18</b>  Cheese Pizza Slice Baby Carrots w/ Ranch Packet Steamed Carrots (EHS) Raisins White & Chocolate FF Milk  <b>Early Release Day for Students</b>
<b>21</b> <b>No School</b>  	<b>22</b>  Chicken & Waffles Fresh Celery w/ Ranch Packet Steamed Green Beans (EHS) Orange White & Chocolate FF Milk	<b>23</b>  Meatloaf w/ Tomato Topping WG Garlic Texas Toast Mashed Potatoes Granny Smith Apple White & Chocolate FF Milk	<b>24</b>  Grilled Cheese Sandwich Steamed Broccoli Pear White & Chocolate FF Milk	<b>25</b>  Pepperoni Pizza Slice Baby Carrots w/ Ranch Packet Steamed Carrots (EHS) Raisins White & Chocolate FF Milk
<b>28</b>  Teriyaki Chicken w/ Brown Rice Fresh Celery w/ Ranch packet Steamed Green Beans (EHS) Pear White & Chocolate FF Milk	<b>29</b>  BBQ Pulled Pork on WG Ciabatta Baked Beans Orange White & Chocolate FF Milk	<b>30</b>  Four Cheese Lasagna Steamed Broccoli Granny Smith Apple White & Chocolate FF Milk	<b>31</b>  Sausage & Waffles Steamed Corn Pear White & Chocolate FF Milk	

**Supper Facts:**  
 While you are asleep, your body doesn't stop working. Your body does digest food while you are sleeping.  
 – your heart is pumping blood, your lungs are passing air.  
 Strategic eating before you go to bed can help optimize your muscle building efforts.



**Nutrition Services**  
**Charleston County**  
**School District**

**843-566-8180**

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