



# USD 270 NEWSLETTER

## JANUARY 2021









**USD 270 WISHES EVERYONE A HAPPY AND  
HEALTHY NEW YEAR!!**



# January 2021 Breakfast



| Monday   | Tuesday  | Wednesday  | Thursday  | Friday   |
|--|--|--|---|--|
| <p>Benefits of Eating Breakfast</p> <ul style="list-style-type: none"> <li>1 Increase Metabolism</li> <li>2 Maintain or Lose Weight</li> <li>3 Enhance Mood</li> <li>4 Stimulate Intelligence</li> <li>5 Enhance Immune System</li> </ul> <p><small>www.TheSilverPen.com</small></p> |  |  |   | <p>1.</p>                               |
| <p>4.</p> <p><b>Extended Break</b></p>    | <p>5.</p> <p><b>Extended Break</b></p>  | <p>6.</p> <p><b>Extended Break</b></p>  | <p>7.</p> <p><b>Extended Break</b></p>  | <p>8.</p> <p><b>Extended Break</b></p>  |
| <p>11.</p> <p>Ham Breakfast Bars<br/>Cereal<br/>Apples<br/>Milk</p>  | <p>12.</p> <p>Pancakes<br/>Sausage Links<br/>Cereal<br/>Mandarin Oranges<br/>Milk</p>                                    | <p>13.</p> <p>Cereal Choices<br/>Juice<br/>Pears<br/>Milk</p>  | <p>14.</p> <p>French Toast Sticks<br/>Cereal<br/>Pineapple<br/>Milk</p>   | <p>15.</p> <p>Bagels w/topping<br/>Cereal<br/>Banana<br/>Milk</p>  |
| <p>18.</p> <p><b>Teacher In service<br/>NO SCHOOL</b></p>  | <p>19.</p> <p>Breakfast Bites<br/>Cereal<br/>Pears<br/>Juice<br/>Milk</p>  | <p>20.</p> <p>Cereal Choices<br/>Apples<br/>Juice<br/>Milk</p>   | <p>21.</p> <p>Chocolate Bread<br/>String Cheese<br/>Cereal<br/>Oranges<br/>Milk</p>                                       | <p>22.</p> <p>Waffle Sticks<br/>Sausage Links<br/>Cereal<br/>Peaches<br/>Milk</p>  |
| <p>25.</p> <p>Cereal Choices<br/>Pears<br/>Juice<br/>Milk</p>  | <p>26.</p> <p>Oatmeal Breakfast<br/>Round<br/>Cereal<br/>Pineapple<br/>Milk</p>  | <p>27.</p> <p>Biscuit Breakfast<br/>Sandwich<br/>Cereal<br/>Oranges<br/>Milk</p>   | <p>28.</p> <p>Cereal Choices<br/>Graham Bug Bites<br/>Peaches<br/>Juice<br/>Milk</p>                                      | <p>29.</p> <p>Long John<br/>Cheese Stick<br/>Cereal<br/>Apple<br/>Milk</p>   |

All Menu Items are subject to change. Meals served w/1% White Milk or Skim Chocolate Milk  
 Extra Milk .40 \*\* (NO EXTRA MILK DURING FREE PROGRAM)  
 ALL STUDENTS will be served 1 cup fruit or 1/2c juice AND 1/2c fruit  
 This institution is an equal opportunity provider.



# January 2021 Lunch



| Monday   | Tuesday  | Wednesday   | Thursday  | Friday   |
|--|--|---|---|--|
| <p>"Kindness is helping the world, one person at a time."<br/>- RAKland</p>              |  |   |   | <p>1. <b>No School</b></p>   |
| <p>4. Extended Break</p>   | <p>5. Extended Break</p>   | <p>6. Extended Break</p>  | <p>7. Extended Break</p>  | <p>8. Extended Break</p>   |
| <p>11. Crispito<br/>Mexi-Corn<br/>Fiesta Rice (9-12)<br/>Apple<br/>Milk</p>              | <p>12. Pig In a Blanket<br/>Broccoli<br/>Tater Tots<br/>Strawberries<br/>Milk</p>                  | <p>13. BBQ Pork/Bun<br/>Sweet Potato Puffs<br/>Baked Beans<br/>Oranges<br/>Oatmeal Cookie<br/>Milk</p>        | <p>14. Turkey n Cheese<br/>Sub<br/>Romaine/Tomato<br/>Peas<br/>French Fries<br/>Peaches<br/>Milk</p>        | <p>15. Beef Steak Fingers<br/>Mashed Potatoes<br/>n Gravy<br/>Steamed Carrots<br/>WW Roll (6-12)<br/>Banana<br/>Milk</p> |
| <p>18. Teacher In Service<br/><br/>NO SCHOOL</p>   | <p>19. Corn Dog<br/>Tri-Taters<br/>Peas<br/>Cinnamon Apples<br/>Milk</p>                           | <p>20. Turkey n Noodles<br/>Mashed Potatoes<br/>Steamed Carrots<br/>WW Roll<br/>Pineapple Chunks<br/>Milk</p> | <p>21. Taco Salad<br/>Cinnamon Bun<br/>Refried Beans<br/>Oranges<br/>Milk</p>                               | <p>22. Cowboy Cavatini<br/>Salad<br/>Roll (9-12)<br/>Banana<br/>Milk</p>   |
| <p>25. Chicken Tetrzzini<br/>Fresh Carrots<br/>WW Roll<br/>Mandarin Oranges<br/>Milk</p> | <p>26. Pork Rib on a Bun<br/>Shredded Romaine<br/>Tri-Tater<br/>Baked Beans<br/>Pears<br/>Milk</p> | <p>27. Lasagna<br/>Green Beans<br/>Garlic French Bread<br/>Apples<br/>Milk</p>                                | <p>28. Italian Chicken<br/>Patty<br/>Pasta Salad<br/>Broccoli<br/>WW Roll<br/>Mandarin Oranges<br/>Milk</p> | <p>29. Tomato Soup<br/>Toasted Cheese<br/>Sandwich<br/>Salad<br/>Peaches<br/>Milk</p>                                    |

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ALL students will have choices of fruit (K-12)

ALL BREADS made in the USD 270 Kitchen are Whole Grain

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# JANUARY 2021 - Activities

| Sunday | Monday  | Tuesday  | Wednesday | Thursday   | Friday  | Saturday  |
|--------|---|--|-----------|--|---|---|
|        |   |  |           |  | 1   | 2   |
|        |   |  |           |  | Happy New Year!!!<br>Christmas Break  |   |
| 3      | 4   | 5  | 6         | 7  | 8   | 9   |
|        |   |  |           |  | BB vs Oakley @ Plainville 6:00 pm   | Wrestling vs Salina South @ Salina 9:00 am  |
|        |   | Christmas Break  |           |  |   |   |
| 10     | 11  | 12   | 13        | 14   | 15  | 16  |
|        | School Resumes<br>Scholars Bowl MCL @ Russell 4:00 pm                 | BB vs Hill City @ Home 6:00 pm   |           | BB @ Palco 4:00 pm<br>Scholars Bowl @ Ellis 4:00 pm  |   | BB MCL Girls @ Home 3:00 pm<br>BB MCL Boys @ Stockton 3:00 pm<br>WR @ Oberlin 9:30 am |
| 17     | 18  | 19   | 20        | 21   | 22  | 23  |
|        | No School<br>Teacher Inservice<br>BB MCL Boys (1 <sup>st</sup> round) | BB MCL Girls (1 <sup>st</sup> Round)<br>JH Scholars Bowl @ TMP 4:00 pm |           | BB Consolation Games @ Stockton 3:00 pm<br>JH WR @ Home 4:00 pm  | BB Semi-Finals Championship<br>Girls-Wakeeney 3:00 pm & Boys @ Ellis 3:00 pm<br>WR @ Beloit 2:00 pm | MCL BB Finals Girls @ Wakeeney & Boys @ Ellis   |
| 24     | 25  | 26   | 27        | 28   | 29  | 30  |
|        | Scholars Bowl @ Phillipsburg 4:00 pm                                  | BB @ Ellsworth 4:30 pm   |           | BB @ Trego 4:30 pm<br>Scholars Bowl @ Norton 4:00 pm<br>JH WR @ Smith Center 4:00 pm<br>Forensics @ Sylvan Grove 2:30 pm | WR MCL Tournament @ Norton 1:00 pm  | Forensics @ Kinsley 7:30 am<br>BB vs Victoria @ Home starting JV @ 2:00 pm            |
| 31     |   |  |           |  |   |   |
|        |   |  |           |  |   |   |