



North Crawford

The USDA is an equal opportunity provider and employer

January 2017 Breakfast and Lunch Menu

January breakfast cost:
 Elementary/HS- \$22.00
 Per Meal- \$1.10
Jan Lunch costs:
 MS/HS - \$55.00 (\$2.75)
 Elementary - \$49.00 (\$2.45)
 Extra Milk - \$0.30
 Adult Breakfast - \$1.60
 Adult Lunch - \$3.55
 We encourage you to monitor your child's lunch account online to keep your balance current

Monday Jan 2	Tuesday Jan 3	Wednesday Jan 4	Thursday Jan 5	Friday Jan 6
NO SCHOOL	Breakfast: French Toast Sticks High School- Grab n go Lunch: Chicken Nuggets Mac n Cheese Homemade Bread Corn Apple Slices	Breakfast: Cereal or Yogurt and Granola High School- Grab n go Lunch: Cheesy Chicken Spaghetti Roasted Broccoli Dinner Roll Caesar Salad Strawberries	Breakfast: Cinnamon Roll High School- Grab n go Lunch: Quesadilla Pizza or Stuffed Crust Pizza Cauliflower and Cheese Side Salad Mixed Fruit	Breakfast: Sweet bread High School- Grab n go Lunch: Chicken Wrap Chips Roasted Baby Carrots Garlic Texas Toast Pineapple Cookie

Monday Jan 9	Tuesday Jan 10	Wednesday Jan 11	Thursday Jan 12	Friday Jan 13
Breakfast: Oatmeal High School- Grab n go Lunch: Shepherd's Pie Asparagus Dinner Roll Apple	Breakfast: Breakfast Pizza and Hashbrown High School- Grab n go Lunch: Broccoli Cheddar Soup Homemade Bread Carrots Peaches	Breakfast: Breakfast Burrito High School- Grab n go Lunch: BBQ Sliders French Fries Corn Applesauce Cup Brownie	Breakfast: Cereal or Cereal Bar High School- Grab n go Lunch: Grilled Cheese & Tomato Soup Garlic breadstick Roasted Brussel Sprouts Strawberries	Breakfast: Scrambled Eggs & Biscuit High School- Grab n go Lunch: Hot Ham and Cheese Sandwich Smiley Potatoes Baked Beans Pears

Monday Jan 16	Tuesday Jan 17	Wednesday Jan 18	Thursday Jan 19	Friday Jan 20
Breakfast: Sweet Bread High School- Sweet Bread Lunch: Pulled Pork Sandwich Chips Roasted Cauliflower Applesauce Cup	Breakfast: Pancake Sausage Stick High School- Grab n go Lunch: Hot Dog w/ Chili Chips Baked Beans Roasted Broccoli Orange Wedges	Breakfast: Sausage and Cheese Biscuit High School- Grab n go Lunch: Asian Chicken Rice Stir Fried Veggies Cucumber Tomato Salad Pineapple	Breakfast: Strawberries n Cream Oatmeal High School- Grab n go Lunch: Mini Corn Dogs Smiley Potatoes Corn Grapes Peach Cobbler	NO SCHOOL

Monday Jan 23	Tuesday Jan 24	Wednesday Jan 25	Thursday Jan 26	Friday Jan 27
Breakfast: Cereal or Cereal Bar High School- Grab n go Lunch: Chicken or Cheese Quesadilla Pinto Beans Cheesy Rice Orange Wedges	Breakfast: Scrambled Eggs & Biscuit High School- Grab n go Lunch: Homemade Pizza Breadstick Broccoli and Cheese Apple Cookie	Breakfast: Muffin and Yogurt High School- Grab n go Lunch: Nachos Refried Beans Mexican Rice Salad Cantaloupe	Breakfast: Cheese Omelet High School- Grab n go Lunch: Lasagna Garlic Breadstick Caesar Salad Green Beans Mandarin Oranges	Breakfast: Breakfast Slider High School- Grab n go Lunch: BBQ Sandwich Seasoned Potato Wedges Steamed Carrots Fruit Cocktail

Monday Jan 30	Tuesday Jan 31
Breakfast: Biscuits and Gravy High School- Grab n go Lunch: Hamburger French Fries Roasted Veggies Side Salad Strawberries	Breakfast: Breakfast Casserole High School- Grab n go Lunch: Spaghetti w/ Penne Pasta Breadstick Green Beans Pears Cookie

GERM WARFARE.

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

wanna stay fit? gotta eat right!
item: mayo
verdict: beware of the slather!
tip: OK, it's full of calories and fat, but some of us like mayo on our sandwiches and that's that. If you can do mustard instead, great, but if you have to have it, the secret with mayo is a light touch: DAB, don't SLATHER!

North Crawford/Seneca Wrestling

Head Coach: Mr. Eric Hady



2016-2017 North Crawford/Seneca Wrestling Schedule

Jan 7.	@Kickapoo	8:30
Jan 20	@Necedah	5:30
Jan. 21	@Riverdale	9:00
Jan. 28	@Wisconsin Dells High School	9:30

North Crawford Trojans Boys Basketball

Head Coach: Chris Wetstein



2016-17 North Crawford Boys Basketball Schedule

JV 6:00 | Varsity 7:30 - Unless noted

Jan. 3	Cashton
Jan. 5	La Farge
Jan. 12	Seneca
Jan. 17	@Westion
Jan. 20	@DeSoto
Jan. 26	Wauzeka-Stuben
Jan. 31	Ithaca
Feb 3.	@Kickapoo
Feb. 7	@La Farge
Feb. 10	@Seneca
Feb. 16	Weston
Feb. 20	Cassville
Feb. 23	DeSoto

North Crawford Trojans Girls Basketball

Head Coach: Mr. Mike Allbaugh



2016-17 North Crawford Girls Basketball Schedule

JV 6:00 p.m. | Varsity 7:30 p.m. - Unless noted

Jan. 3	@Boscobel
Jan. 6	@La Farge
Jan. 10	@Ithaca
Jan. 13	@Seneca
Jan. 17	Conlee Christian 7:00
Jan. 19	Weston
Jan. 24	DeSoto
Jan. 27	@Wauzeka-Stuben
Feb. 2	Kickapoo
Feb. 9	La Farge
Feb. 14	Highland
Feb. 17	Ithaca

NUTRITION TO GO
 Baked Beans may seem a little old-fashioned these days, but they're convenient, tasty, and a nutritional powerhouse. One half-cup delivers 7 grams of fiber - that's about 30% of the Recommended Daily Allowance - along with good amounts of iron and other vitamins and minerals. And they're super-low in saturated fat and cholesterol, too!
 A TASTY MORSEL FOR PARENTS

2017
 HAPPY NEW YEAR

DON'T GET!
 To make a lunch, choose at least one Fruit/Juice or Veggie and 3-5 items total Grains, Milk, Protein, Vegetables
 North Crawford Schools thanks you