

JANUARY 2025

CLARKE COUNTY ACCA/CLA CAMPUS MENU

LUNCH MENU:

Monday, January 6 Chicken Tenders* & French Roll* Garlic & Herb Cheese Pull Aparts* & Marinara Sauce PBJ Grab Bag* Mashed Potatoes Mini Carrots w/ Ranch Seasonal Fresh Fruit Applesauce	Monday, January 13 Crispy Chicken Bites* & French Roll* Mini Cheese or Pepperoni Calzones* & Marinara Sauce PBJ Grab Bag* Green Beans Mini Carrots w/ Ranch Seasonal Fresh Fruit Peaches
Tuesday, January 7 Beef Taco* PBJ Grab Bag* Power Bowl (Manager's Choice) Roasted Corn & Peppers Shredded Lettuce, Salsa, & Guacamole Charro Beans Seasonal Fresh Fruit Peaches	Tuesday, January 14 Street Chicken Tacos* Bean & Cheese Burrito* PBJ Grab Bag* Cilantro Lime Slaw Charro Beans Seasonal Fresh Fruit Applesauce
Wednesday, January 8 Chicken Wings^ & Cornbread* Assorted Selection of Pizza* PBJ Grab Bag* Steamed Kernel Corn Carrot Sticks Seasonal Fresh Fruit Pears ^Manager will select flavors (BBQ, Buffalo, Hot Honey, or Mango Habanero)	Wednesday, January 15 Oven-fried Chicken & Cornbread* Macaroni* & Cheese with French Roll* PBJ Grab Bag* HOTM: Collard Greens Assorted Fresh Vegetables w/ Dip Seasonal Fresh Fruit Tropical Fruit Salad
Thursday, January 9 Meatball Sub Sandwich* Assorted Selection of Pizza* PBJ Grab Bag* Roasted Broccoli Garden Salad Seasonal Fresh Fruit Fruit Cup (peach or mixed berry)	Thursday, January 16 Assorted Selection of Pizza* PBJ Grab Bag* Power Bowl (Manager's Choice) Garden Salad Mini Carrots w/ Ranch Seasonal Fresh Fruit Fruit Cup (peach or mixed berry)
Friday, January 10 Crispy Chicken Sandwich* BBQ Pork Sandwich* PBJ Grab Bag* Assorted Fresh Vegetables w/ Dip Baked Beans/Campfire Beans Seasonal Fresh Fruit Craisins/Raisins Freshly-baked Cookie*	Friday, January 17 Hot Honey Chicken Croissant* BBQ Pork Sandwich* PBJ Grab Bag* Potato Wedges Quick Pickled Cucumbers Seasonal Fresh Fruit Craisins/Raisins Freshly-baked Cookie*

HAPPY New Year!

Superstitions to bring you good luck in 2025...

- Get a Midnight Kiss:** You may believe this is about excitement for the new year. But, it is thought that if you kiss someone you love as the clock strikes midnight, those sentiments continue for the next 12 months.
- Eat 12 Grapes at Midnight:** This food based superstition that originated in Spain will bring you luck for the year ahead. Just eat 12 grapes at midnight—one for every month!
- Keep Some Extra Cash in Your Wallet:** Fill your wallet with cash to have a full year of prosperity. Also, don't loan out any money on New Year's Eve or New Year's Day.
- Fill Up Those Cupboards:** It is considered bad luck to start the new year with bare cupboards, which signal poverty and hardship.
- Open Those Doors at Midnight:** Just before midnight is better, so you can let the old year out and welcome the new one!
- Don't Clean the House:** Make sure you are not "sweeping" or "washing" away any luck, so don't do any cleaning. This includes dishes and laundry!
- Fill Up on Collard Greens & Black-Eyed Peas:** Eat these on New Year's Day to bring good luck and prosperity, respectively, in the months ahead!
- Avoid Tears:** Save your tears for another day because crying on New Year's Day could set a year of sadness in motion.
- Don't Leave the House...**until someone enters from the outside first. And who that person is may say a lot about the luck you'll have in the new year!
- Eat Herring:** Whether you like your herring pickled or fresh, eating it at midnight is considered good luck in Germany & Sweden.
- Make Some Noise:** The tradition around noise makers and fireworks at midnight is to scare the evil spirits and omens away.
- Carry an Empty Suitcase Around:** In Columbia, it's seen as setting yourself up for adventures in the new year!

Source: <https://www.countryliving.com/entertaining/g29538911/new-years-superstitions/>

Breakfast Menu:

<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u>	<u>Fridays</u>
Sausage Biscuit*	Chicken Biscuit*	Sausage & Cheddar Croissant *	Bacon, Egg & Cheese Biscuit*	Glazed Yeast Donut* or Super Donut*
Ooey Goopy Cinnamon Toast Bar*	Banana Chocolate Chip Oatmeal Round*	Muffin Top* w/ Yogurt	Mini Cinnis*	Mini French Toast*
Cereal & Pop Tart*	Yogurt & Granola*	Cereal & Pop Tart*	Blueberry Yogurt Parfait*	Cereal Cup*
		Coffee Cooler Meal*		Coffee Cooler Meal*
<u>Sides:</u>	<u>Sides:</u>	<u>Sides:</u>	<u>Sides:</u>	<u>Sides:</u>
Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit
Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit	Canned Fruit
100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk

Everyday Offerings

Power Bowls
PB&J Grab and Go Bags
Seasonal Fresh Fruit
Fruit of the Day @ Breakfast

Beverages

8 oz. Flavored, Non-fat Milk
8 oz. Unflavored, Low-fat and Non-fat Milk

HARVEST OF THE MONTH: GREENS

- ⇒ Winter greens collectively are great sources of Vitamins A, K, and C, which are considered nutrition powerhouses!
- ⇒ While winter greens share many similarities, the difference in flavor is known by a true "greens" connoisseur.
- ⇒ Collards are sweet!
- ⇒ Mustards are peppery!
- ⇒ And turnip greens are a nice mixture of both sweet and peppery with the added bonus that the root (turnip) is edible!
- ⇒ These greens are available all year long, but their taste is much sweeter during their peak from December to March.
- ⇒ For a fun new take on Mustard Greens, try this recipe, [Mustard Green Pesto](#) from the Georgia School Nutrition Program!

Make sure you Try...

SCHOOL BREAKFAST

Breakfast really is the most **important** meal of the day, which is why we offer an assortment of breakfast options each morning. Breakfast is located in the cafeteria. So with a short walk, you could grab a nutritious & **delicious** breakfast **before** your first class EVERY DAY! We offer biscuits/hot breakfast sandwiches, cold breakfast staples as well as coffee coolers and fruit & yogurt parfaits. There really is something for everyone on the breakfast line. Make it a **NEW YEAR'S RESOLUTION** to eat **BREAKFAST** each day!

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CLARKE COUNTY ACCA/CLA CAMPUS MENU

LUNCH MENU:

Monday, January 20 MARTIN LUTHER KING JR. DAY	Monday, January 27 Honey Sriracha Chicken Bites* & French Roll* Cheesy Breadstick Bites* & Marinara Sauce PBJ Grab Bag* Loaded Mashed Potatoes Carrot Sticks Seasonal Fresh Fruit Peaches
Tuesday, January 21 Nashville Hot Chicken* & French Roll* Cheesy Breadsticks* & Marinara Sauce PBJ Grab Bag* Mashed Potatoes Carrot Sticks Seasonal Fresh Fruit Mandarin Oranges	Tuesday, January 28 Asian Chicken* & French Roll* Mandarin Orange Chicken & Brown Rice* PBJ Grab Bag* Roasted Broccoli Mini Carrots w/ Ranch Seasonal Fresh Fruit Pineapple
Wednesday, January 22 Chicken Tenders* & Waffle* PBJ Grab Bag* Power Bowl* (Manager's Choice) Roasted Broccoli Assorted Fresh Vegetables w/ Dip Seasonal Fresh Fruit Pears	Wednesday, January 29 Beef Chili with Tortilla Chips* Assorted Selection of Pizza* PBJ Grab Bag* Baked Potato Broccoli & Cheddar Seasonal Fresh Fruit Applesauce
Thursday, January 23 Vegetable Lasagna* & Garlic Breadstick* Assorted Selection of Pizza* PBJ Grab Bag* Steamed Kernel Corn Garden Salad Seasonal Fresh Fruit Tropical Fruit Salad	Thursday, January 30 Buffalo Chicken Tenders* & French Roll* Assorted Selection of Pizza* PBJ Grab Bag* Power Bowl* (Manager's Choice) Roasted Cauliflower Garden Salad Seasonal Fresh Fruit Fruit Salad
Friday, January 24 Spicy Chicken Sandwich* Cheeseburger* PBJ Grab Bag* Mini Carrots w/ Ranch Baked Beans/Campfire Beans Seasonal Fresh Fruit Craisins/Raisins Freshly-baked Cookie*	Friday, January 31 Hamburger/Cheeseburger* Hot Dog* PBJ Grab Bag* Potato Wedges Baked Beans/Campfire Beans Seasonal Fresh Fruit Craisins/Raisins Celebration Cookie*

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<u>Sides:</u> Seasonal Fresh Fruit Canned Fruit 100% Fruit Juice Choice of Milk	<u>Sides:</u> Seasonal Fresh Fruit Canned Fruit 100% Fruit Juice Choice of Milk	<u>Sides:</u> Seasonal Fresh Fruit Canned Fruit 100% Fruit Juice Choice of Milk	<u>Sides:</u> Seasonal Fresh Fruit Canned Fruit 100% Fruit Juice Choice of Milk	<u>Sides:</u> Seasonal Fresh Fruit Canned Fruit 100% Fruit Juice Choice of Milk

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