

National Blood Donor Month

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Due to increased seasonal illnesses during the winter months and inclement weather conditions, donations of blood and platelets decline while the demand increases. The American Red Cross and Blood Banks of America encourages everyone who can donate to continue their donations during the winter months. Millions of people including cancer patients, organ recipients, and victims of accidents; rely on blood donations every day.

- About 36,000 units of red blood cells and 7,000 units of platelets are needed every single day in the US.
- The most requested blood type by hospitals in type O. This blood type can be transfused to patients of all blood types, so it's always in great demand and very short supply.
- Only 7% of people in the US have type O.
- A single car accident victim may need up to 100 pints of blood to survive.
- About 6.8 million people donate blood every year in the US.
- 38% of our population is eligible to donate, but less than 10% actually do.
- A single donation from a single person can help more than one patient.

Menus for January 2020

Verrado High School

Choice of Milk: 1% Lowfat Milk, FF Chocolate Milk, FF Strawberry Milk	Choice of fruits and veggies (may select two): Granny Smith Green Apple, Or- anges, Banana, Red Deli- cious Apple, Baby Car- roteenies, Raisins, Craisin, Apple Juice or Orange Juice			
Monday January 6	Tuesday January 7	Wednesday January 8	Thursday January 9	Friday January 10
General Tso's Chicken Rice Bowl Steamed Broccoli Mini Egg Roll Variety of Fruit	Mashed Potato Bowl w/Popcorn Chicken Seasoned Corn Buttermilk Biscuit Variety of Fruit	Buffalo Chicken Wings Potato Wedges Coleslaw Cornbread Variety of Fruit	Taco Salad Bowl w/fresh salsa, shredded cheese, diced onions, cilantro, sour cream and jalapeno slices Variety of Fruit	Domino's Pizza- Variety Spinach Salad w/assorted dressing Jello Fruit Salad
Monday January 13	Tuesday January 14	Wednesday January 15	Thursday January 16	Friday January 17
Mandarin Orange Chicken Rice Bowl Steamed Broccoli Fresh Orange Slices	Burrito of the Day w/fresh salsa, sour cream, diced onions and jalapenos Spanish Rice Churro Variety of Fruit	Pulled Pork BBQ Sand- wich French Fries Baked Beans Cornbread Variety of Fruit	Pizza Calzone Seasoned Green Beans Fresh Fruit Salad Chocolate Chip Cookie Variety of Fruit	Domino's Pizza-Variety Spinach Salad w/assorted dressing Fresh Fruit Salad
Monday January 20	Tuesday January 21	Wednesday January 22	Thursday January 23	Friday January 24
Martin Luther King Day	Beef & Cheese Quesadilla w/sour cream, jalapenos and salsa Mexicali Corn Spanish Rice Variety of Fruit	Cheeseburger on a Bun W/assorted condiments French Fries Steamed Carrots Variety of Fruit	Oven Roasted Chicken Loaded Mashed Potatoes Corn on the Cob Buttermilk Biscuit Variety of Fruit	Domino's Pizza- Variety Spinach Salad w/assorted dressing Jello Fruit Salad
Monday January 27	Tuesday January 28	Wednesday January 29	Thursday January 30	Friday January 31
Chef's Choice	Chicken Pozole w/diced onions, cilantro, cabbage and fresh salsa Round Tortilla chips Churro Variety of Fruit	Chicken Fingers w/assorted dipping sauce Potato Wedges Jello Fruit Salad Variety of Fruit	Chili Cheese Hamburger w/diced onions and jala- penos French Fries Homemade Chocolate Chip Cookie Variety of Fruit	Domino's Pizza-Variety Spinach Salad w/assorted dressing Fresh Fruit Salad

January

- National Soup Month
- National Hobby Month
- National Mentoring Month
- National Braille Literacy Month

This institution is an equal opportunity provider and employer.

Worldwide Food Service Safety Month

Worldwide Food Service Safety Month is an annual designation observed in December. The goals of this month are to focus on keeping food safe as it's prepared in the service industry, as well as reminding us to be safe and cook properly when we are making our own food at home. This month, the holidays are in full swing; so what better time than now to practice safe cooking.

Did you know more than 200 diseases are spread through food alone? One in ten people become sick every year from eating contaminated food, and 420,000 people are killed from these illnesses every year. These types of illnesses can cause long-term health problems if they don't kill you, so it's very important to be adamant about consuming safely prepared food. Children younger than 5 years old are at the highest risk. The good news is, proper food preparation can prevent almost all foodborne illnesses. Remember, everyone has a role in keeping food safe. It's a shared responsibility among the government, producers, food service industries and consumers.

Number #1 Rule in Food Safety.....
Remember to wash your hands with warm water and soap before handling food and after handling raw fruits, vegetables, meat and fish.

Menu for January 2020

Verrado High School—Bistro Menu

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Monday January 6	Tuesday January 7	Wednesday January 8	Thursday January 9	Friday January 10
Crispy Chicken Drumsticks Mashed Potatoes Corn on the Cob Variety of Fruit	Taco Salad Variety of Fruit	Pepperoni & Cheese Calzone Fresh Green Salad w/ranch Fresh Fruit Salad	Asian Chicken Bowl Variety of Fruit	Loaded Nachos Variety of Fruit
Monday January 13	Tuesday January 14	Wednesday January 15	Thursday January 16	Friday January 17
Crispy Chicken Drumsticks Mashed Potatoes Corn on the Cob Variety of Fruit	Taco Salad Variety of Fruit	Pepperoni & Cheese Calzone Fresh Green Salad w/ranch Fresh Fruit Salad	Asian Chicken Bowl Variety of Fruit	Asian Chicken Bowl Variety of Fruit
Monday January 20	Tuesday January 21	Wednesday January 22	Thursday January 23	Friday January 24
Martin Luther King Day	Taco Salad Variety of Fruit	Pepperoni & Cheese Calzone Fresh Green Salad w/ranch Fresh Fruit Salad	Asian Chicken Bowl Variety of Fruit	Asian Chicken Bowl Variety of Fruit
Monday January 27	Tuesday January 28	Wednesday January 29	Thursday January 30	Friday January 31
Crispy Chicken Drumsticks Mashed Potatoes Corn on the Cob Variety of Fruit	Taco Salad Variety of Fruit	Pepperoni & Cheese Calzone Fresh Green Salad w/ranch Fresh Fruit Salad	Asian Chicken Bowl Variety of Fruit	Asian Chicken Bowl Variety of Fruit

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Value Menu for January 2020

Verrado High School

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Monday January 6	Tuesday January 7	Wednesday January 8	Thursday January 9	Friday January 10
Chicken Patty on a Bun Spicy Chicken Patty on Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito-Bosco Stick	Chicken Patty on a Bun Spicy Chicken Patty on Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito-Bosco Stick	Chicken Patty on a Bun Spicy Chicken Patty on Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito-Bosco Stick	Chicken Patty on a Bun Spicy Chicken Patty on Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito-Bosco Stick	Chicken Patty on a Bun Spicy Chicken Patty on Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito-Bosco Stick
Monday January 13	Tuesday January 14	Wednesday January 15	Thursday January 16	Friday January 17
Chicken Patty on a Bun Spicy Chicken Patty on Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito-Bosco Stick	Chicken Patty on a Bun Spicy Chicken Patty on Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito-Bosco Stick	Chicken Patty on a Bun Spicy Chicken Patty on Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito-Bosco Stick	Chicken Patty on a Bun Spicy Chicken Patty on Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito-Bosco Stick	Chicken Patty on a Bun Spicy Chicken Patty on Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito-Bosco Stick
Monday January 20	Tuesday January 21	Wednesday January 22	Thursday January 24	Friday January 25
Martin Luther King Day	Chicken Patty on a Bun Spicy Chicken Patty on Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito-Bosco Stick	Chicken Patty on a Bun Spicy Chicken Patty on Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito-Bosco Stick	Chicken Patty on a Bun Spicy Chicken Patty on Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito-Bosco Stick	Chicken Patty on a Bun Spicy Chicken Patty on Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito-Bosco Stick
Monday January 27	Tuesday January 28	Wednesday January 29	Thursday January 30	Friday January 31
Chicken Patty on a Bun Spicy Chicken Patty on Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito-Bosco Stick	Chicken Patty on a Bun Spicy Chicken Patty on Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito-Bosco Stick	Chicken Patty on a Bun Spicy Chicken Patty on Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito-Bosco Stick	Chicken Patty on a Bun Spicy Chicken Patty on Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito-Bosco Stick	Chicken Patty on a Bun Spicy Chicken Patty on Bun Cheeseburger Bacon Cheeseburger Deep Dish Pepperoni Pizza PB&J Sandwich Bean Burrito-Bosco Stick

Domino's Smart Slice Pizza (Cheese or Pepperoni) now available as a Value Meal.

All VHS Students are eligible to receive a Domino's Pizza Value Meal.

Domino's Pizza Value Meal will be available Monday- Friday.

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Breakfast Menus for January 2020

Verrado High School

Entrée's available everyday: WG Donuts WG Pop Tarts Cold Cereal WG Muffins PB&J Sandwich Fruit Parfait w/granola Breakfast Burrito	Choice of fruits and veggies (may select two): Granny Smith Green Apple, Oranges, Banana, Red Delicious Apple, Baby Carroteenies, Raisins, Craisin, Apple Juice or Orange Juice			
Monday January 6	Tuesday January 7	Wednesday January 8	Thursday January 9	Friday January 10
Bacon/Egg/Cheese Croissant Sandwich Sausage/Egg/Cheese Croissant Sandwich French Toast Sticks w/ Sausage Link & Syrup	Bacon/Egg/Cheese Muffin Sandwich Sausage/Egg/Cheese Muffin Sandwich Spicy Chicken Biscuit	Bacon/Egg/Cheese Croissant Sausage/Egg/Cheese Croissant French Toast Sticks w/Sausage Link & Syrup	Bacon/Egg/Cheese Pancake Sandwich Sausage/Egg/Cheese Pancake Sandwich Spicy Chicken Biscuit	Bacon/Egg/Cheese Muffin Sandwich Sausage/Egg/Cheese Muffin Sandwich French Toast Sticks w/Sausage Link & Syrup
Monday January 13	Tuesday January 14	Wednesday January 15	Thursday January 16	Friday January 17
Bacon/Egg/Cheese Croissant Sandwich Sausage/Egg/Cheese Croissant Sandwich French Toast Sticks w/ Sausage Link & Syrup	Bacon/Egg/Cheese Muffin Sandwich Sausage/Egg/Cheese Muffin Sandwich Spicy Chicken Biscuit	Bacon/Egg/Cheese Croissant Sausage/Egg/Cheese Croissant French Toast Sticks w/Sausage Link & Syrup	Bacon/Egg/Cheese Pancake Sandwich Sausage/Egg/Cheese Pancake Sandwich Spicy Chicken Biscuit	Bacon/Egg/Cheese Muffin Sandwich Sausage/Egg/Cheese Muffin Sandwich French Toast Sticks w/Sausage Link & Syrup
Monday January 20	Tuesday January 21	Wednesday January 22	Thursday January 23	Friday January 24
Martin Luther King Day	Bacon/Egg/Cheese Muffin Sandwich Sausage/Egg/Cheese Muffin Sandwich Spicy Chicken Biscuit	Bacon/Egg/Cheese Croissant Sausage/Egg/Cheese Croissant French Toast Sticks w/Sausage Link & Syrup	Bacon/Egg/Cheese Pancake Sandwich Sausage/Egg/Cheese Pancake Sandwich Spicy Chicken Biscuit	Bacon/Egg/Cheese Muffin Sandwich Sausage/Egg/Cheese Muffin Sandwich French Toast Sticks w/Sausage Link & Syrup
Monday January 27	Tuesday January 28	Wednesday January 29	Thursday January 30	Friday January 31
Bacon/Egg/Cheese Croissant Sandwich Sausage/Egg/Cheese Croissant Sandwich French Toast Sticks w/ Sausage Link & Syrup	Bacon/Egg/Cheese Muffin Sandwich Sausage/Egg/Cheese Muffin Sandwich Spicy Chicken Biscuit	Bacon/Egg/Cheese Croissant Sausage/Egg/Cheese Croissant French Toast Sticks w/Sausage Link & Syrup	Bacon/Egg/Cheese Pancake Sandwich Sausage/Egg/Cheese Pancake Sandwich Spicy Chicken Biscuit	Bacon/Egg/Cheese Muffin Sandwich Sausage/Egg/Cheese Muffin Sandwich French Toast Sticks w/Sausage Link & Syrup

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Menu subject to change without notice

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