

Monday, January 14

Breakfast

Fruit Turnover
Strawberries

Lunch

Super Nachos w/wo
Chili, Chips & Cheese
Seasoned Corn
Strawberries
Chocolate Elf Grahams

Alternate Entrees

Hamburger w/wo Bun
Chicken Patty w/wo Bun
PBJ, Chef or Tuna Salad

Tuesday, January 15

Breakfast

Dutch Waffle
Mixed Berries

Lunch

Pizza Sticks
w/wo Dipping Sauce
Tossed Salad-Baby Carrots
Chilled Applesauce
Fruit Juice Bar

Alternate Entrees

Hot Dog w/wo Bun
Chicken Patty w/wo Bun
PBJ, Chef or Tuna Salad

Wednesday, January 16

Breakfast

Cinnamon French Toast Minis
Peaches

Lunch

Soft Taco
Lettuce & Tomato
Steamed Broccoli
Buttered Noodles
Fresh Red Grapes

Alternate Entrees

Meat Ball Sub w/wo Bun
Chicken Patty w/wo Bun
PBJ, Chef or Tuna Salad

Thursday, January 17

Breakfast

Ham & Cheese Bagel
Applesauce

Lunch

Oven Roasted Turkey
Seasoned Green Beans
Whipped Potatoes
Dinner Roll
Fresh Apple

Alternate Entrees

BBQ Rib w/wo Bun
Chicken Patty w/wo Bun
PBJ, Chef or Tuna Salad

Friday, January 18

Breakfast

Chocolate Croissant
Mixed Fruit

Lunch

Stuffed Crust Pizza
Sweet Potato Fries
Celery Sticks
Mixed Berries
Double Chocolate Cookie

Alternate Entrees

Corn Dog
Chicken Patty w/wo Bun
PBJ, Chef or Tuna Salad



Q • How can you tell if your beans need a shower?!

Monday, January 21

In-Service Day



Our teachers are busy sharpening their skills

Tuesday, January 22

Breakfast

Sausage Breakfast Pizza
Pineapple

Lunch

Chicken Nuggets
Oven Fries
Hobo Beans
Chilled Peaches
Rice Krispie Mini

Alternate Entrees

Hot Dog w/wo Bun
Chicken Patty w/wo Bun
PBJ, Chef or Tuna Salad

Wednesday, January 23

Breakfast

Breakfast Donut
Mandarin Oranges

Lunch

Pancakes
Sausage Links
Roasted Potatoes
Assorted Fruit Juice
Mixed Fruit

Alternate Entrees

Meat Ball Sub w/wo Bun
Chicken Patty w/wo Bun
PBJ, Chef or Tuna Salad

Thursday, January 24

Breakfast

Pancake & Sausage Stick
Pears

Lunch

Italian Panini Sandwich
Lettuce & Tomato
Cheesy Potatoes
Black Bean Salsa w/o Chips
Chilled Pears

Alternate Entrees

BBQ Rib w/wo Bun
Chicken Patty w/wo Bun
PBJ, Chef or Tuna Salad

Friday, January 25

Breakfast

Pop Tart-Hash Browns
Strawberries

Lunch

Walking Taco
Lettuce & Tomato
Tater Tots
Corn on the Cob
Mandarin Oranges

Alternate Entrees

Corn Dog
Chicken Patty w/wo Bun
PBJ, Chef or Tuna Salad



A: Dried beans in a jar like these don't need a shower, although some cooks like to soak them. Canned beans, however, have a lot of added salt, so it's best to give them a quick rinse before cooking them! Fresh, dried, or canned, beans are an incredible and inexpensive source of protein, plus they have very little fat, are loaded with vitamins and minerals, and are one of the best sources of fiber you can find. Eat more beans!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, January 28

Breakfast

Bacon & Cheese Bagel
Mixed Berries

Lunch

Shrimp Poppers
Glazed Carrots-Green Beans
Chilled Pears
Dinner Roll
Scooby Doo Crackers

Alternate Entrees

Hamburger w/wo Bun
Chicken Patty w/wo Bun
PBJ, Chef or Tuna Salad

Tuesday, January 29

Breakfast

Cinnamon Crumb Cake
Peaches

Lunch

Boneless Chicken Wings
Baked Potato
Broccoli w/wo Cheese Sauce
Dinner Roll
Mixed Berries

Alternate Entrees

Hot Dog w/wo Bun
Chicken Patty w/wo Bun
PBJ, Chef or Tuna Salad

Wednesday, January 30

Breakfast

Sausage Breakfast Pizza
Applesauce

Lunch

Wildcat Pizza
Tossed Salad
Fresh Veggie Cup
Chilled Applesauce
Candy Cookie

Alternate Entrees

Meat Ball Sub w/wo Bun
Chicken Patty w/wo Bun
PBJ, Chef or Tuna Salad

Thursday, January 31

Breakfast

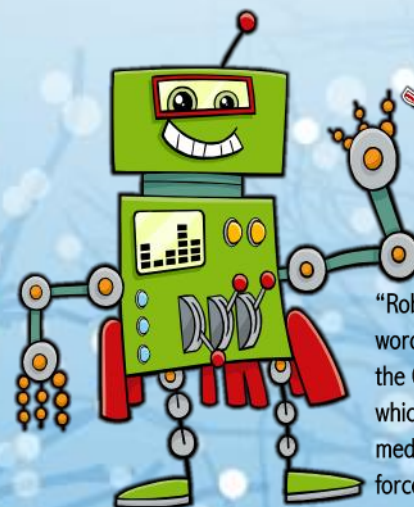
French Toast Sticks
Sausage Patty-Mixed Fruit

Lunch

Pop Corn Chicken Bites
Whipped Potatoes
Seasoned Corn
Fresh Apple Slices

Alternate Entrees

BBQ Rib w/wo Bun
Chicken Patty w/wo Bun
PBJ, Chef or Tuna Salad



ROBOT

“Robot” sounds like a high-tech word, but it's not. It comes from the Czech word for “serf,” which is the name used for a medieval peasant who was forced to work for free!

Word play