

Monday, January 14

**Breakfast**

Fruit Turnover  
Strawberries

**Lunch**

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

**Alternate Entrees**

Chicken Filet w/wo Bun  
Pizza, PBJ, or Chef Salad

Tuesday, January 15

**Breakfast**

Dutch Waffle  
Mixed Berries

**Lunch**

Hot Dog w/wo Assorted  
Toppings  
Sweet Potato Fries  
Celery Sticks  
Chilled Applesauce  
Diced Pears-Fruit Juice Bar

**Alternate Entrees**

Chicken Filet w/wo Bun  
Pizza, PBJ, or Chef Salad

Wednesday, January 16

**Breakfast**

Cinnamon French Toast Minis  
Peaches

**Lunch**

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

**Alternate Entrees**

Chicken Filet w/wo Bun  
Pizza, PBJ, or Chef Salad

Thursday, January 17

**Breakfast**

Ham & Cheese Bagel  
Applesauce

**Lunch**

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

**Alternate Entrees**

Chicken Filet w/wo Bun  
Pizza, PBJ, or Chef Salad

Friday, January 18

**Breakfast**

Chocolate Croissant  
Mixed Fruit

**Lunch**

Sloppy Tots  
Glazed Carrots  
Mixed Berries  
Diced Peaches  
Double Chocolate Cookie

**Alternate Entrees**

Chicken Filet w/wo Bun  
Pizza, PBJ, or Chef 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  
Applesauce  
Rice Krispie Mini

**Alternate Entrees**

Chicken Filet w/wo Bun  
Pizza, PBJ, or Chef Salad

Wednesday, January 23

**Breakfast**

Breakfast Donut  
Mandarin Oranges

**Lunch**

Pancakes  
Sausage Links  
Roasted Potatoes  
Assorted Fruit Juice  
Mixed Fruit

**Alternate Entrees**

Chicken Filet w/wo Bun  
Pizza, PBJ, or Chef 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  
Mixed Berries

**Alternate Entrees**

Chicken Filet w/wo Bun  
Pizza, PBJ, or Chef Salad

Friday, January 25

**Breakfast**

Pop Tart-Hash Browns  
Strawberries

**Lunch**

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

**Alternate Entrees**

Chicken Filet w/wo Bun  
Pizza, PBJ, or Chef 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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, January 28

**Breakfast**

Bacon & Cheese Bagel  
Mixed Berries

**Lunch**

Shrimp Poppers w/wo Cheese Stick  
Glazed Carrots-Green Beans  
Dinner Roll  
Chilled Pears-Mixed Fruit  
Scooby Doo Crackers

**Alternate Entrees**

Chicken Filet w/wo Bun  
Pizza, PBJ, or Chef Salad

Tuesday, January 29

**Breakfast**

Cinnamon Crumb Cake  
Peaches

**Lunch**

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

**Alternate Entrees**

Chicken Filet w/wo Bun  
Pizza, PBJ, or Chef Salad

Wednesday, January 30

**Breakfast**

Sausage Breakfast Pizza  
Applesauce

**Lunch**

Buffalo Chicken Wrap  
Oven Fries  
Fresh Veggie Cup  
Chilled Applesauce  
Mandarin Oranges  
Candy Cookie

**Alternate Entrees**

Chicken Filet w/wo Bun  
Pizza, PBJ, or Chef Salad

Thursday, January 31

**Breakfast**

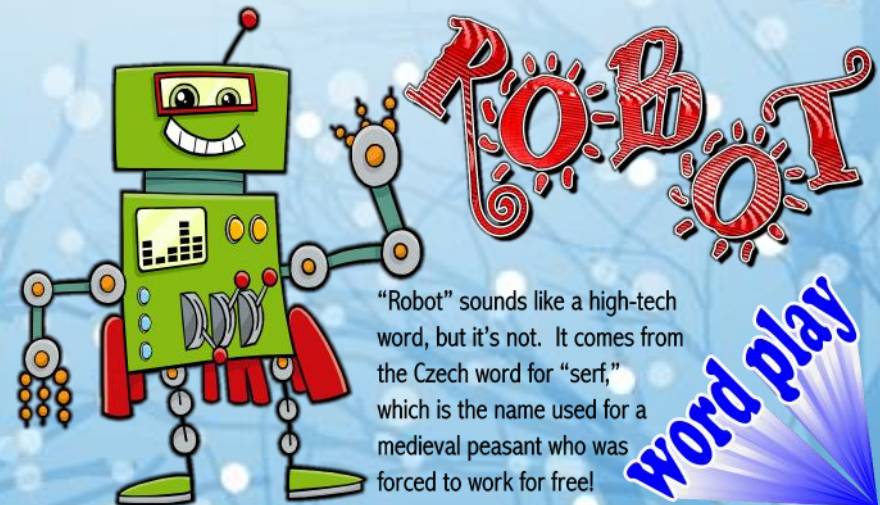
French Toast Sticks  
Sausage Patty-Mixed Fruit

**Lunch**

Pop Corn Chicken Bites  
Whipped Potatoes  
Seasoned Corn  
Fresh Apple Slices  
Pineapple Tidbits

**Alternate Entrees**

Chicken Filet w/wo Bun  
Pizza, PBJ, or Chef Salad



"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!