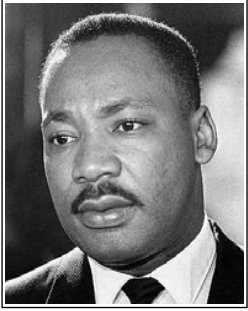


Monday, January 16



School will be closed today in honor of the birthday of Martin Luther King, Jr.

Tuesday, January 17

Breakfast
Sausage Pancake on Stick

Lunch
Chicken Patty
On Whole Wheat Roll

Choice of Two
Mashed Potatoes ~Gravy
Peas, Pineapple Chunks
Fruit Juice
Soup: Manhattan Clam

Wednesday, January 18

Breakfast
Scrambled Egg ~Toast

HIGH School 1/2 day
Lunch SEC Only
Lunch
Chicken Quesadilla

Choice of Two
Spanish Rice
Steamed Corn
Applesauce, Fruit Juice
Soup: Hearty Vegetable

Thursday, January 19

Breakfast
Breakfast Bagel

HIGH School 1/2 day
Lunch SEC Only
Lunch
Hot Ham & Cheese

Choice of Two
California Blend
Mandarin Oranges
Fruit Juice
Soup: Chef's Choice

Friday, January 20

Breakfast
Honi Bun

High School
Half Day
Professional

Development
Day

Monday, January 23

Breakfast
Sausage Pancake on Stick

Lunch
Chicken Egg Roll
~Sweet Sour Sauce
Corn Dog

Choice of Two
Steamed Rice
Stir Fry Veggies
Peaches, Fruit Juice
Soup: Broccoli and Cheese

Tuesday, January 24

Breakfast
Ham & Cheese on English
Muffin

Lunch
Beefy Nachos
~Cheese Cup

Choice of Two
Corn
Grapes
Fruit Juice
Soup: Chicken Rice

Wednesday, January 25

Breakfast
Mini Honey Wheat Bun

Lunch
Mighty Rib on Bun

Choice of Two
Green Beans
Pears
Fruit Juice
Soup: Bunkhouse Soup

Thursday, January 26

Breakfast
Breakfast Pizza

Lunch
Beefaroni
~Garlic Toast

Choice of Two
Winter Mix
Fruit Cocktail
Sliced Apples
Soup: Minestrone

Friday, January 27

Breakfast
Pancakes

Lunch
Chicken Tenders
~Corn Bread Muffin

Choice of Two
Mac-n-Cheese
Stewed Tomatoes, Spinach
Fruit Cocktail, Fruit Juice
Soup: Chef's Choice

Monday, January 30

Breakfast
Sausage Pancake on Stick

Lunch
Cheeseburger
on Bun

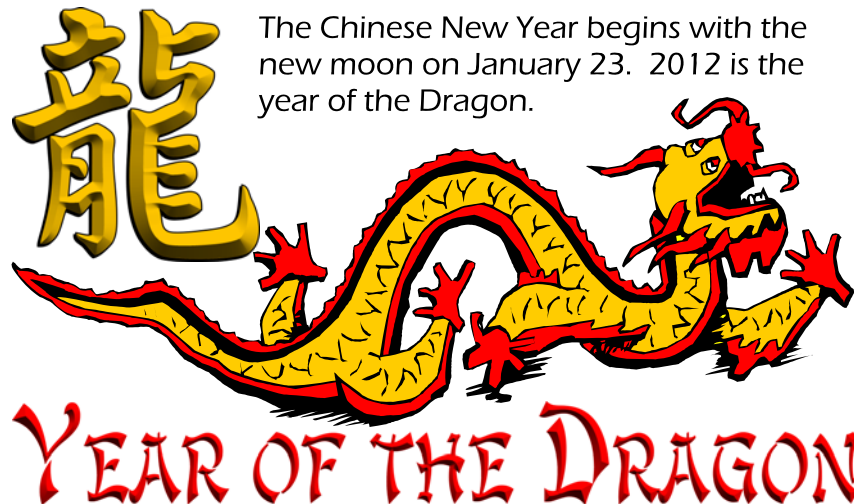
Choice of Two
Spicy Fries
Lettuce & Tomato, Broccoli
Mandarin Oranges, Juice
Soup: Peas-n- Dumplings

Tuesday, January 31

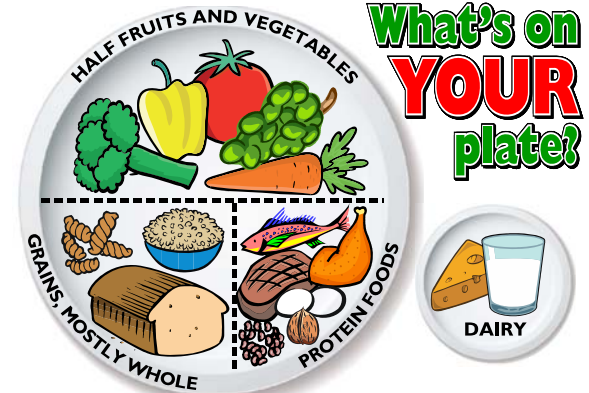
Breakfast
Scrambled Egg ~Toast

Lunch
Beef Taco
Hard or Soft Shell

Choice of Two
Lettuce & Tomato,
Black Beans, Corn
Frozen Peaches, Juice
Soup: Chicken Chili



The Chinese New Year begins with the new moon on January 23. 2012 is the year of the Dragon.

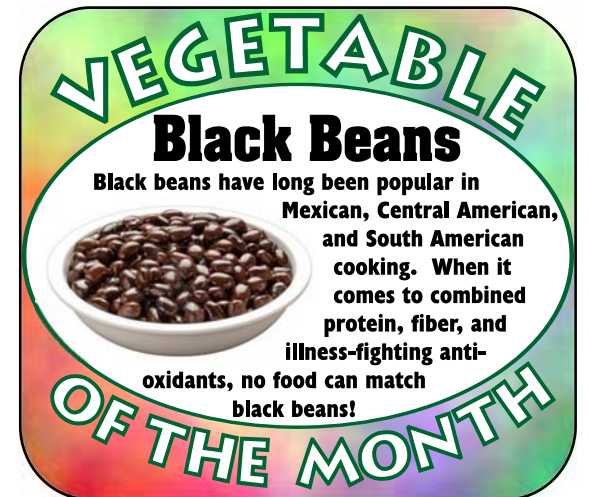


Purple Carrots?!



It's true -- until a few hundred years ago, carrots were purple, not orange. Dutch farmers in the late 16th century began to take "mutant" white and yellow carrots and cultivate them selectively until they had developed something closer to the sweet, tasty orange carrots we love today!

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



Black Beans

Black beans have long been popular in Mexican, Central American, and South American cooking. When it comes to combined protein, fiber, and illness-fighting antioxidants, no food can match black beans!