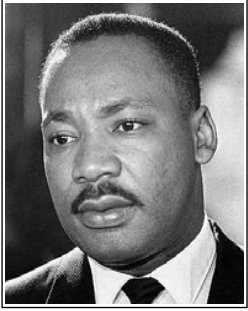


Monday, January 16



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

Tuesday, January 17

Breakfast

Assorted Cold Cereal

Lunch

Chicken Patty
On Whole Wheat Roll

Choice of Two

Mashed Potatoes ~Gravy

- ☺ Peas
- ☺ Pineapple Chunks
- Fruit Juice
- Soup: Chicken Noodle

Wednesday, January 18

Breakfast

Whole Wheat Cinnamon Bun

Lunch

Chicken Quesadilla

Choice of Two

- ☺ Spanish Rice
- ☺ Steamed Corn
- ☺ Applesauce
- Fruit Juice
- Soup: Hearty Vegetable

Thursday, January 19

Breakfast

Sausage Pancake on a Stick

Lunch

Cheese Pizza
Pepperoni Pizza

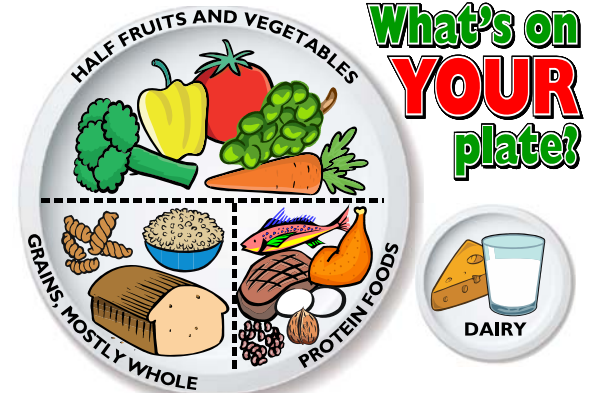
Choice of Two

- ☺ California Blend
- ☺ Mandarin Oranges
- Fruit Juice
- Soup: Chef's Choice

Friday, January 20



**K-8
No School
Today**



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

Monday, January 23

Breakfast

Assorted Cold Cereal

Lunch

Chicken Egg Roll
~Sweet Sour Sauce
Corn Dog

Choice of Two

- ☺ Steamed Rice
- ☺ Stir Fry Veggies
- ☺ Peaches
- Fruit Juice
- Soup: Chicken Vegetable

Tuesday, January 24

Breakfast

Donut

Lunch

Beefy Nachos
~Cheese Cup

Choice of Two

- ☺ Corn
- ☺ Grapes
- Fruit Juice
- Soup: Cream of Potato

Wednesday, January 25

Breakfast

Mini Honey Wheat Bun

Lunch

Mighty Rib on Bun

Choice of Two

- ☺ Green Beans
- ☺ Pears
- Fruit Juice
- Soup: Chicken-n-Dumplings

Thursday, January 26

Breakfast

Hot Pocket

Lunch

Sloppy Joe on Bun

Choice of Two

- ☺ Au Gratin Potatoes
- ☺ Winter Mix
- ☺ Sliced Apples
- Fruit Juice
- Soup: Minestrone

Friday, January 27

Breakfast

Pancakes

Lunch

- ☺ Chicken Tenders
- ☺ ~Warm Wheat Roll

Choice of Two

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

Monday, January 30

Breakfast

Assorted Cold Cereal

Lunch

Cheeseburger on Bun

Choice of Two

- ☺ Potato Wedges
- ☺ Lettuce & Tomato
- ☺ Broccoli
- ☺ Mandarin Oranges
- Fruit Juice
- Soup: Peas-n- Dumplings

Tuesday, January 31

Breakfast

Muffin

Lunch

Beef Taco
~Hard or Soft Shell

Choice of Two

- ☺ Lettuce & Tomato
- ☺ Black Beans, Corn
- ☺ Frozen Peaches
- Fruit Juice
- Soup: Chicken Chili



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

