



MENUS FOR JANUARY 2012

**Kent County Public Schools -- Elementary MMFA Menu
Rock Hall, Garnett, Worton, and Millington**

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Thursday, January 5

Daily Breakfast Special
Apple Cinnamon Muffin
w/Graham Crackers
Fruit Juice & Skim Milk

LUNCH
Beef Shepherd's Pie
Peas
Fruit Mix
Corn Bread

Whole Wheat
Sugar Cookie

Friday, January 6

Daily Breakfast Special
Maple Flavored Pancakes
Fresh Banana
& Skim Milk

LUNCH
Whole Wheat Pizza
Romaine Salad
w/Dressings
Pineapple
Fresh Pear

Jell-O w/Topping

Monday, January 9

Daily Breakfast Special
Cereal w/Graham Crackers
Fruit Juice & Skim Milk

LUNCH
Fish Sandwich
on a Wheat Roll
Home Made Bean Soup
Kale
Fruit Mix

Chionophobia

Word Play

"Chionophobia" is the fear of snow or being snowbound.

Thursday, January 12

Daily Breakfast Special
Strawberry Blast Pancakes
Fruit Juice & Skim Milk

LUNCH
Oven Baked Chicken
Mashed Potatoes & Gravy
Broccoli
Fresh Pears
Hot Roll

Peach Crisp

Tuesday, January 3

Daily Breakfast Special
Cereal w/Graham Crackers
Fruit Juice & Skim Milk

LUNCH
Chicken Tenders
w/Dipping Sauces
Macaroni w/Cheese
Baked Beans
Spinach
Peaches

Whole Wheat Bread Stick

Wednesday, January 4

Daily Breakfast Special
Breakfast Pizza Bagel
Fresh Apple Slices
& Skim Milk

LUNCH
Pork Ribbie Sandwich on
Whole Wheat Roll
Potato Gems
Carrot Sticks w/Dip
Fresh Apple

DO IT FOR YOU, TOO.

Volunteering isn't just good for those who might need your help -- it's good for you, too. Serving as a volunteer has been shown to improve self-confidence, teach job skills, combat depression, and increase physical activity among volunteers of all ages. That's a wellness win-win!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Eat up.



When kids "eat up," their grades go up, too. Research strongly suggests that kids who regularly eat balanced, nutritious meals pay better attention in class, participate more, and even score better on tests. We try to do our part by providing healthy meals at

school, so we hope you will encourage your kids to join us often!

Breakfast **Lunch**

No Charge for all students **\$2.15**

Get in touch with us today to learn more about free and reduced-price meals in our district:
410-778-716 or rcannon@kent.k12.md.us

top chef menus
STUDENT CREATED, STUDENT CHOSEN
This month: January 25

Tuesday, January 10

Daily Breakfast Special
Whole Wheat Breakfast Bun
Fruit Juice & Skim Milk

LUNCH
Whole Wheat
Spaghetti w/Meat Sauce
Green Beans
Applesauce
Garlic Bread

Taste Testing Today
Whole Wheat Sugar Cookie

Wednesday, January 11

Daily Breakfast Special
Breakfast Pizza,
Fresh Apple Slices
& Skim Milk

LUNCH
Creamy Penne Pasta
w/Chicken and Vegetables
Broccoli
Fruit Mix

Whole Wheat
Sugar Cookie

Friday, January 13

Daily Breakfast Special
Sausage Pancake on a Stick
Fruit Juice & Skim Milk

LUNCH
Whole Wheat Pizza
Romaine Salad
w/Dressings
Fresh Orange

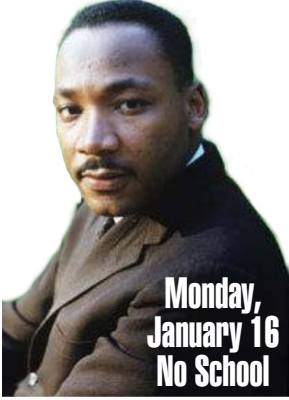
Vanilla Pudding

Available Daily

Lunch: Entrees listed on each day's menu **OR** Hamburger, Cheeseburger, PB & Jelly, Toasted Cheese Sandwich, Hot Dogs (Tuesday & Thursday), Chicken Pattie Sandwich (Monday, Wednesday, Friday).

Milk: Skim Milk, 1% White Milk, Fat Free Chocolate Milk. Free w/purchase of a complete meal (Breakfast or Lunch). Can be purchased separately for 50 cents.

Martin Luther King Jr's Birthday



Monday,
January 16
No School

Tuesday, January 17

Daily Breakfast Special

French Toast Sticks
Fruit Juice & Skim Milk

LUNCH

Ravioli w/Meat Sauce
Cole Slaw
Green Beans
Peaches
Whole Wheat Bread Stick

Wednesday, January 18

Daily Breakfast Special

Breakfast Bagel
Fresh Apple Slices & Skim Milk

LUNCH

Toasted Cheese on Whole Wheat Bread
Tomato Soup
Carrot Sticks w/Dip
Fruit Mix



What's on YOUR plate?



Thursday, January 19

Daily Breakfast Special

Whole Wheat Breakfast Bun
Fruit Juice & Skim Milk

LUNCH

Oven BBQ Chicken
Rice Pilaf w/Beans
Broccoli
Fresh Apple

Oatmeal
Raisin Cookie

Friday, January 20

Daily Breakfast Special

Sausage Pancake on a Stick
Fruit Juice & Skim Milk

LUNCH

Whole Wheat Pizza
Romaine Salad w/Dressings
Pineapple
Fresh Orange

Jell-O w/Topping

Monday, January 23

Daily Breakfast Special
Cereal w/Graham Crackers
Fruit Juice & Skim Milk

LUNCH

Popcorn Chicken Bites w/Dipping Sauces
Sweet Potato Fries
Fruit Mix
Whole Wheat Bread Stick

Tuesday, January 24

Daily Breakfast Special
Apple Strudel
Fruit Juice & Skim Milk

LUNCH

Fish Sandwich on a Whole Wheat Roll
Baked Beans
Spinach Applesauce

Wednesday, January 25

Daily Breakfast Special
Breakfast Pizza
Fresh Apple Slices
Fruit Juice & Skim Milk

LUNCH

top chef menus

STUDENT CREATED, STUDENT CHOSEN

Chicken Stir Fry w/Rice
Broccoli
Pineapple

Whole Wheat Sugar Cookie

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

Thursday, January 26

Daily Breakfast Special
Strawberry Blast Pancakes
Fruit Juice & Skim Milk

LUNCH

Lasagna w/Meat Sauce
Green Beans
Fresh Orange

Peach Crisp

Friday, January 27

Daily Breakfast Special
Sausage Pancake on a Stick
Fruit Juice & Skim Milk

LUNCH

Whole Wheat Pizza
Romaine Salad w/Dressings
Fresh Grapes

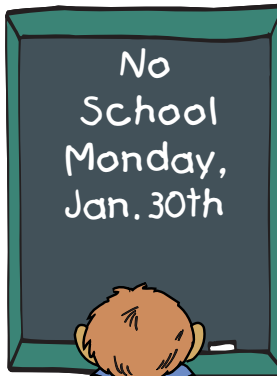
Rice Pudding



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



YEAR OF THE DRAGON

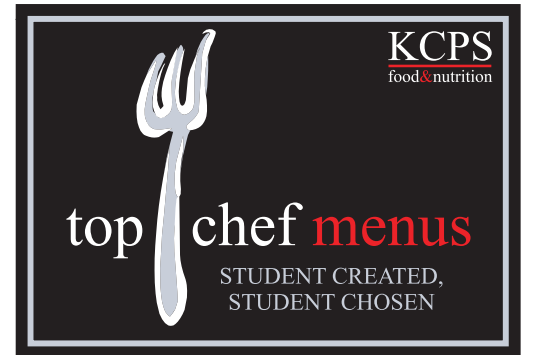


Tuesday, January 31

Daily Breakfast Special
Whole Wheat Breakfast Bun
Fruit Juice & Skim Milk

LUNCH

Chicken Tenders
Macaroni w/Cheese
Kale
Fruit Mix
Whole Wheat Bread Stick



Some of the featured items on our menus this year were created by Kent County students and chosen by student judges. Look for "Top Chef Menus" here on the menu and on the lunch line!