



HAPPY NEW YEAR!

**MENUS FOR
JANUARY
2012**

Kent County Middle School

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Available Daily

Breakfast: Fruit or 100% Fruit Juice. Choice of Cereal or Yogurt w/Graham Crackers or Toast

Lunch: Entrees (listed on each day's menu) OR Hamburger, Cheeseburger, PB & Jelly, Toasted Cheese Sandwich, Hot Dogs & Chicken Patties. Fresh Fruit when available.

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.

**Breakfast
No Charge
Lunch
\$2.40**

We provide free and reduced-price lunch (\$.40) for eligible students. Please call your school for details.

top chef menus
STUDENT CREATED, STUDENT CHOSEN

This month: January 25

**Kent County
Public Schools
Food Services**

Featured Specials of the Day



Snap out of it!

Yes, vacation is over, but we're happy to see you and it won't be too long until Spring Break!

Tuesday, January 3

Breakfast: Breakfast Pizza Bagel, Fresh Apple Slices, Skim Milk
Lunch: Chicken Tenders w/Dipping Sauces, Macaroni & Cheese, Baked Beans, Spinach, Peaches, Whole Wheat Bread Stick

Wednesday, January 4

Breakfast: Breakfast Pizza Bagel, Fresh Apple Slices, Skim Milk
Lunch: Pork Ribbie Sandwich on Whole Wheat Roll, Potato Gems, Carrot Sticks w/Dip, Fresh Apple

Thursday, January 5

Breakfast: Apple Cinnamon Muffin w/Graham Crackers, Fresh Banana, Skim Milk
Lunch: Beef Shepherd's Pie, Peas, Fruit mix, Corn Bread, Whole Wheat Sugar Cookie

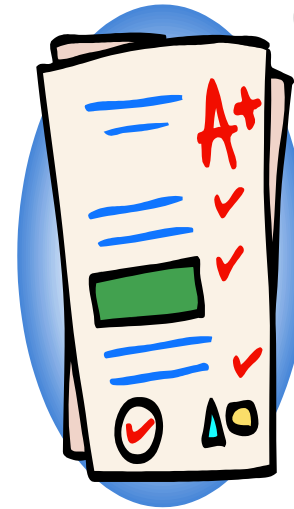
Friday, January 6

Breakfast: Maple Flavored Pancakes, Fruit Juice, Skim Milk
Lunch: Whole Wheat Pizza, Romaine Salad w/Dressings, Pineapple, Fresh Pear, Jell-O w/Topping

Eat up.

Guess what?

When you "eat up," your grades go up, too. Research strongly suggests that when you regularly eat balanced, nutritious meals, you pay better attention in class, participate more, and even score better on tests. We try to do our part by providing healthy meals for you at school, so we hope you will join us often!



Get in touch with us today to learn more about free and reduced-price meals in our district: 410-778-7126 or rcannon@kent.k12.md.us

FIT FAT

WANNA STAY FIT?

FIGHT THE FAT!



ITEM: Citrus Fruit

VERDICT: 'Tis the Season

TIP: Grapefruits, oranges, tangerines, and clementines are at the peak of their delicious goodness in the winter months.

When you eat a whole fresh orange rather than drink juice, you get 3 grams of fiber in addition to vitamin C and other goodies.



based on as much as you care to eat!

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!

Featured Specials of the Day

Monday, January 9

Breakfast: Cereal w/Graham Crackers, Fruit Juice, Skim Milk
Lunch: Fish Sandwich on Whole Wheat Roll, Home Made Bean Soup, Mixed Vegetables, Fruit Mix

Tuesday, January 10

Breakfast: Whole Wheat Breakfast Bun, Fruit Juice, Skim Milk
Lunch: Whole Wheat Spaghetti w/Meat Sauce, Green Beans, Applesauce, Garlic Bread

Wednesday, January 11

Breakfast: Breakfast Pizza, Fresh Apple Slices, Skim Milk
Lunch: Creamy Penne Pasta with Chicken and Vegetables, Broccoli, Fruit Mix, Whole Wheat Sugar Cookie

Thursday, January 12

Breakfast: Strawberry Blast Pancakes, Fruit Juice, Skim Milk
Lunch: Oven Baked Chicken, Mashed Potatoes & Gravy, Broccoli, Fresh Pears, Peach Crisp, Hot Roll

Friday, January 13

Breakfast: Sausage Pancake on a Stick, Fruit Juice, Skim Milk
Lunch: Whole Wheat Pizza, Romaine Salad w/Dressings, Fresh Orange, Vanilla Pudding

Please see reverse for items available daily

Featured Specials of the Day

Monday, January 16

Martin Luther King Jr's Birthday
No School Today



Tuesday, January 17

Breakfast: Maple Flavored Waffles, Fruit Juice, Skim Milk
Lunch: Ravioli w/Meat Sauce, Cole Slaw, Green Beans, Peaches, Whole Wheat Bread Stick

Wednesday, January 18

Breakfast: Breakfast Bagel, Fresh Apple Slices, Skim Milk
Lunch: Toasted Cheese Sandwich on Whole Wheat Bread, Tomato Soup, Carrot Sticks w/Dip, Fruit Mix

Thursday, January 19

Breakfast: 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

Breakfast: Sausage Pancake on a Stick, Fruit Juice, Skim Milk
Lunch: Whole Wheat Pizza, Romaine Salad w/Dressings, Pineapple, Fresh Orange, Jell-O w/Topping

Chionophobia



Word Play

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

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



YEAR OF THE DRAGON

Featured Specials of the Day

Monday, January 23

Breakfast: 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

Breakfast: Apple Strudel, Fruit Juice, Skim Milk
Lunch: Fish Sandwich on Whole Wheat Roll, Baked Beans, Spinach, Applesauce

Wednesday, January 25

Breakfast: Breakfast Pizza, Fresh Apple Slices, Skim Milk

top chef menus STUDENT CREATED, STUDENT CHOSEN

Lunch: Chicken Stir Fry w/Rice, Broccoli, Pineapple, Whole Wheat Sugar Cookie

Thursday, January 26

Breakfast: Strawberry Blast Pancakes, Fruit Juice, Skim Milk
Lunch: Lasagna w/Meat Sauce, Green Beans, Fresh Orange, Peach Crisp

Friday, January 27

Breakfast: Sausage Pancake on a Stick, Fruit Juice, Skim Milk
Lunch: Whole Wheat Pizza, Romaine Salad w/Dressings, Fresh Grapes, Rice Pudding

Monday, January 30

No School Today!

Tuesday, January 31

Breakfast: Whole Wheat Breakfast Bun, Fruit Juice, Skim Milk
Lunch: Chicken Tenders, Macaroni & Cheese, Kale, Fruit Mix, Whole Wheat Bread Stick