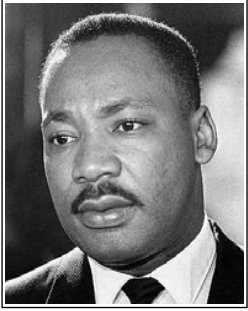


Monday, January 16



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

☺ Hard Cooked Egg
☺ ~Whole Wheat Toast

Lunch

Chicken Quesadilla

Choice of Two

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

Thursday, January 19

Breakfast

Bagel w/wo Cream Cheese

Lunch

Cheese Pizza
Pepperoni Pizza

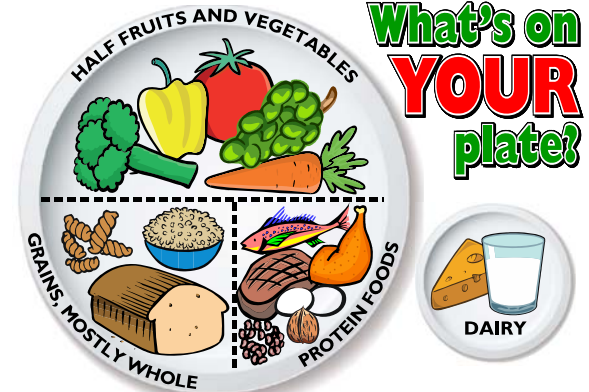
Choice of Two

☺ 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

Choice of Two

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

Tuesday, January 24

Breakfast

Mini Honey Wheat Bun

Lunch

Corn Dog

Choice of Two

☺ Corn
☺ Grapes
Fruit Juice
Soup: Chicken Rice

Wednesday, January 25

Breakfast

Sausage Pancake on Stick

Lunch

Hot Ham and Cheese on Bun

Choice of Two

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

Thursday, January 26

Breakfast

Breakfast Pizza

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: Chicken-n- Dumplings

Tuesday, January 31

Breakfast

Scrambled Egg with Cheese

Lunch

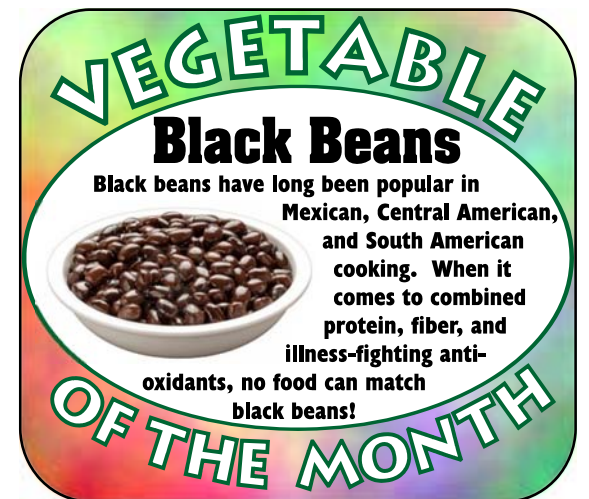
Beef Taco
~ Soft Shell

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.



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!