

*School will be closed
Monday, January 15
in recognition of
Martin Luther King, Jr.'s
birthday.*

Tuesday, January 16

Hanna Buffet

Spicy Popcorn Chicken w/
Macaroni & Cheese

Deli Rail

Pizza Burger or Select
Sandwiches & Salads

Served with Choice of Thin
Cut Fries, Vegetable, Fresh
Fruit and Assorted Milk

Wednesday, January 17

Hanna Buffet

Taco Day w/Rice
Hard or Soft Shells

Deli Rail

Four Meat Pizza or Select
Sandwiches & Salads

Served with Choice of
Vegetable, Fresh Fruit and
Assorted Milk

Thursday, January 18

Hanna Buffet

Corn Dog
Nuggets

Deli Rail

Meatball Sub or Select
Sandwiches & Salads

Served with Choice of Potato
Wedges, Baked Beans,
Vegetable, Fresh Fruit
and Assorted Milk

Friday, January 19

Hanna Buffet

Bosco Sticks
w/Marinara Sauce

Deli Rail

Spicy Chicken Sandwich or
Select Sandwiches
& Salads

Served with Choice of Tater
Tots, Vegetable, Fresh Fruit
and Assorted Milk

NUTRITION *TOGO*

The "wrap" was born when someone looked at Mexican favorites like the burrito and figured out that you could roll up just about any combo of tasty treats in a tortilla. U.S. tortilla sales, just \$1 billion in 1990, are now \$12 billion per year, including lots of healthier, fiber-rich options. In fact, tortillas are now the most popular bread in America!

A QUICK BITE FOR PARENTS

Monday, January 22

Hanna Buffet

Big Daddy Pizza with or
without Pepperoni

Deli Rail

Chicken Nuggets or Select
Sandwiches
& Salads

Served with Choice of Tater
Tots, Vegetable, Fresh Fruit
and Assorted Milk

Tuesday, January 23

Hanna Buffet

Bacon
Cheeseburger

Deli Rail

Stromboli w/Marinara or
Select Sandwiches
& Salads

Served with Choice of Thin
Cut Fries, Vegetable, Fresh
Fruit and Assorted Milk

Wednesday, January 24

Hanna Buffet

Grilled Cheese
& Tomato Soup

Deli Rail

Hot Dog or Select Sandwiches
& Salads

Served with Choice of Baked
Beans, Vegetable, Fresh Fruit
and Assorted Milk

Thursday, January 25

Hanna Buffet

Walking
Taco

Deli Rail

Buffalo Chicken Pizza or
Select Sandwiches
& Salads

Served with Choice of
Vegetable, Fresh Fruit and
Assorted Milk

Friday, January 26

Hanna Buffet

Honey Sriracha Boneless
Wings & Tea Roll

Deli Rail

Turkey Pep. Stuffed Sandwich
or Select Sandwiches
& Salads

Served with Choice of Tater
Tots, Vegetable, Fresh Fruit
and Assorted Milk

Monday, January 29

Hanna Buffet

Cheese Steak
Sandwich

Deli Rail

Calzone w/Marinara Sauce
or Select Sandwiches
& Salads

Served with Choice of
Vegetable, Fresh Fruit and
Assorted Milk

Tuesday, January 30

Hanna Buffet

Spicy Chicken Tenders
& Tea Roll

Deli Rail

Breakfast for Lunch w/
Yogurt or Select Sandwiches
& Salads

Served with Choice of Waffle
Fries, Vegetable, Fresh Fruit
and Assorted Milk

Wednesday, January 31

Hanna Buffet

Rotini
w/Meat Sauce

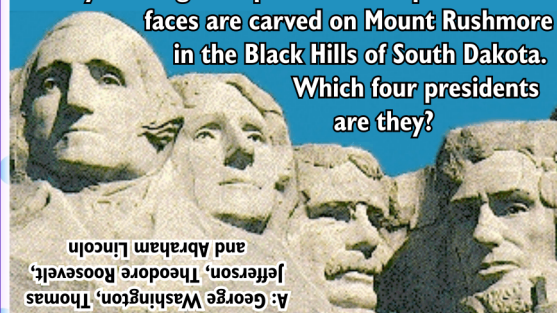
Deli Rail

Sweet & Sour Chicken w/Egg
Roll or Select Sandwiches
& Salads

Served with Choice of
Vegetable, Fresh Fruit and
Assorted Milk

THE ORIGINAL ROCK STARS

Sixty-foot high sculptures of four presidents' faces are carved on Mount Rushmore in the Black Hills of South Dakota. Which four presidents are they?



A: George Washington, Thomas Jefferson, Theodore Roosevelt, and Abraham Lincoln

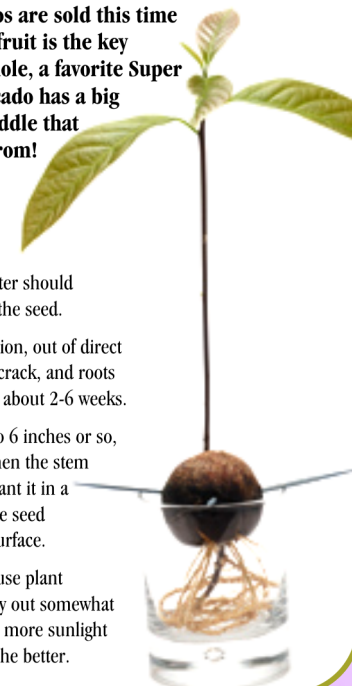


You'll Need:

- ✓ an avocado seed
- ✓ a glass jar
- ✓ 3 toothpicks

Grow an Avocado Tree!

A whole lot of avocados are sold this time of year, because this fruit is the key ingredient in guacamole, a favorite Super Bowl snack. The avocado has a big round seed in the middle that you can grow a tree from!



- 1 Place the rinsed seed (fatter end down) over a water-filled glass with the toothpicks. The water should cover about an inch of the seed.
- 2 Place it in a warm location, out of direct sunlight. The seed will crack, and roots and stem will sprout in about 2-6 weeks.
- 3 When the stem grows to 6 inches or so, cut it half way back. When the stem has leafed out again, plant it in a rich soil, with half of the seed sticking up above the surface.
- 4 Water your avocado house plant generously, but let it dry out somewhat between waterings. The more sunlight your house plant gets, the better.