

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

Tuesday, January 16

Meatball Sub

Alternative Entrées
Chicken Patty, Chicken Tender Salad or Garden Salad

Served with Choice of:
Potato Wedges
Broccoli
100% Fruit Juice
Assorted Milk

Wednesday, January 17

Taco Nachos

Alternative Entrées
Chicken Patty, Spicy Chicken Salad or Garden Salad

Served with Choice of:
Fiesta Fixins
Chilled Peaches
Assorted Milk

Thursday, January 18

SUBWAY

Alternative Entrées
Chef's Choice

Served with Choice of:
Baby Carrots
100% Fruit Juice
Assorted Milk

Friday, January 19

Pizzeria Pizza with or without Pepperoni

Alternative Entrées
Chicken Patty or Chef's Choice Salads

Served with Choice of:
Veggie Pick-up & Dip
Applesauce
Assorted Milk

NUTRITION TO GO

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

Chicken Parmesan on Ciabatta Bread

Alternative Entrées
Fish Sandwich, Spicy Chicken Salad or Garden Salad

Served with Choice of:
Tater Tots
Green Beans
Chilled Pears
Assorted Milk

Tuesday, January 23

Turkey Ham & Cheese Panini Sandwich

Alternative Entrées
Fish Sandwich, Chicken Tender Salad or Garden Salad

Served with Choice of:
Baby Carrots
100% Fruit Juice
Assorted Milk

Wednesday, January 24

"Have It Your Way" Burger Day

Alternative Entrées
Fish Sandwich, Grilled Chicken Salad or Garden Salad

Served with Choice of:
Lettuce & Tomato Fixins
Baked Beans
Orange Smiles
Assorted Milk

Thursday, January 25

Chicken Tenders & Tea Roll

Alternative Entrées
Fish Sandwich or Chef's Choice Salads

Served with Choice of:
Steamed Broccoli
100% Fruit Juice
Assorted Milk

Friday, January 26

Italian Dunkers w/Marinara Sauce

Alternative Entrées
Fish Sandwich or Chef's Choice Salads

Served with Choice of:
Sweet Peas
Applesauce
Assorted Milk

Monday, January 29

Popcorn Chicken w/Mashed Potatoes & Tea Roll

Alternative Entrées
Turkey Pepperoni Stuffed Sandwich, Spicy Chicken Salad or Garden Salad

Served with Choice of:
Green Beans
Chilled Peaches
Assorted Milk

Tuesday, January 30

Sliced Turkey & Cheese on **New French Bread**

Alternative Entrées
Turkey Pepperoni Stuffed Sandwich, Chicken Tender Salad or Garden Salad

Served with Choice of:
Baked Beans
Baby Carrots
100% Fruit Juice
Assorted Milk

Wednesday, January 31

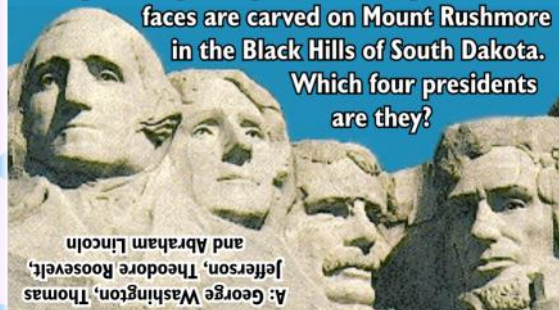
Chicken Nuggets & Soft Pretzel Bites

Alternative Entrées
Turkey Pepperoni Stuffed Sandwich, Grilled Chicken Salad or Garden Salad

Served with Choice of:
Sweet Peas
Chilled Pears
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.

