

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 or Salad

Served with Potato Wedges, Broccoli, 100% Fruit Juice and Assorted Milk

Wednesday, January 17

Taco Nachos

Alternative Entrées  
Chicken Patty or Salad

Served with Fiesta Fixins, Chilled Peaches and Assorted Milk

Thursday, January 18

American Meat & Cheese Sub

Alternative Entrées  
Chicken Patty or Salad

Served with Lettuce & Tomato Fixins, Baked Beans, 100% Fruit Juice and Assorted Milk

Friday, January 19

Pizzeria Pizza with or without Pepperoni

Alternative Entrées  
Chicken Patty or Salad

Served with Baby Carrots, Applesauce 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

Chicken Parmesan Sandwich

Alternative Entrées  
Fish Sandwich or Salad

Served with Tater Tots, Green Beans, Chilled Pears and Assorted Milk

Tuesday, January 23

Turkey Ham & Cheese on a Roll

Alternative Entrées  
Fish Sandwich or Salad

Served with Baby Carrots, 100% Fruit Juice and Assorted Milk

Wednesday, January 24

"Have It Your Way" Burger Day

Alternative Entrées  
Fish Sandwich or Salad

Served with Lettuce & Tomato Fixins, Baked Beans, Orange Smiles and Assorted Milk

Thursday, January 25

Chicken Tenders & Tea Roll

Alternative Entrées  
Fish Sandwich or Salad

Served with Broccoli, 100% Fruit Juice and Assorted Milk

Friday, January 26

Italian Dunkers w/Marinara Sauce

Alternative Entrées  
Fish Sandwich or Salad

Served with Sweet Peas, Applesauce and Assorted Milk

**Weird SCIENCE**

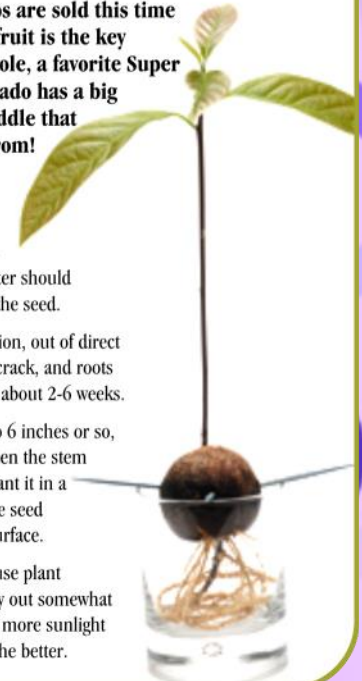
**You'll Need:**

- ✓ 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.



Monday, January 29

Popcorn Chicken w/Mashed Potatoes & Tea Roll

Alternative Entrées  
Turkey Pepperoni Stuffed Sandwich or Salad

Served with Green Beans, Chilled Peaches and Assorted Milk

Tuesday, January 30

Sliced Turkey & Cheese on a Roll

Alternative Entrées  
Turkey Pepperoni Stuffed Sandwich or Salad

Served with Baked Beans, Baby Carrots, 100% Fruit Juice and Assorted Milk

Wednesday, January 31

Chicken Nuggets & Soft Pretzel Bites

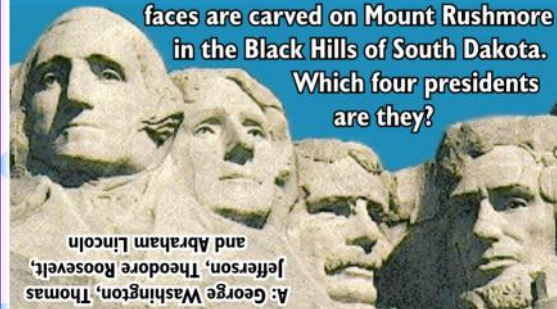
Alternative Entrées  
Turkey Pepperoni Stuffed Sandwich or Salad

Served with Sweet Peas, Chilled Pears 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