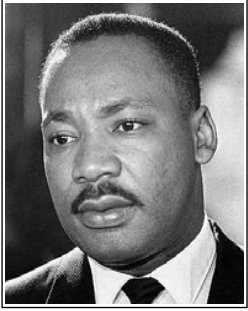


Monday, January 16



School will be closed today in honor of the birthday of Martin Luther King, Jr.

Tuesday, January 17

**Choice of One**  
Chicken Nuggets  
Or  
Ravioli

**On the Salad Bar**

Steamed Broccoli  
Sliced Pears

Wednesday, January 18

**Choice of One**  
Pizza  
Or  
JO\* Baked Chicken Legs  
w/Mini Bagel

**On the Salad Bar**

Green Beans  
Potato Spudster  
Mixed Fruit

Thursday, January 19

**Choice of One**  
Chicken Hip Dipper  
Or  
Nachos w/Fixings

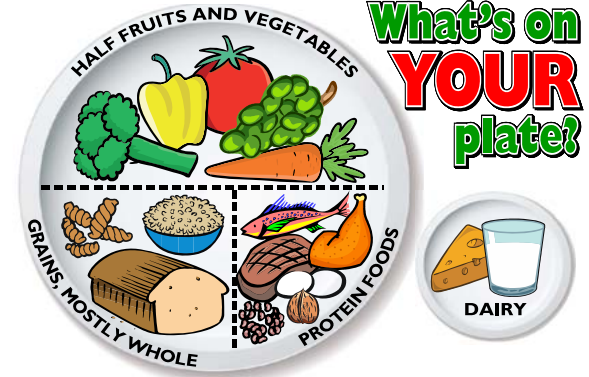
**On the Salad Bar**

Corn  
Pineapple Tidbits

Friday, January 20

**NO SCHOOL**

WOODLAND MEADOWS



# 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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, January 23

**Choice of One**  
French Toast w/  
Scrambled Eggs  
Or  
Chicken Sandwich

**On the Salad Bar**

Seasoned Cubed Potatoes  
Cinnamon Applesauce

Tuesday, January 24

**Choice of One**  
Soft or Hard Taco  
Or  
Corn Dog

**On the Salad Bar**

Broccoli  
Rice  
Sliced Peaches

Wednesday, January 25

**Choice of One**  
Pizza Dippers  
Or  
Hamburger w/wo Cheese

**On the Salad Bar**

Sweet Potato Puffs  
Mixed Fruit

Thursday, January 26

**Choice of One**  
Popcorn Chicken  
Or  
Turkey & Gravy

**On the Salad Bar**

Mashed Potatoes  
Corn  
Fruit Crisp

Friday, January 27

**Choice of One**  
Wedge Pizza  
Or  
Turkey Roasted Memphis BBQ

**On the Salad Bar**

Green Beans  
Peaches  
Vegetarian Baked Beans

Monday, January 30

**Choice of One**  
Cheese Omelet  
Or  
Egg & Cheese Muffin  
Or  
Chicken Sandwich

**On the Salad Bar**

Hashbrown Nuggets  
Baked Apple Slices

Tuesday, January 31

**Choice of One**  
Chicken Nuggets  
Or  
Spaghetti w/wo Meat Sauce

**On the Salad Bar**

Garlic Toast  
Peas  
Applesauce

## START DANCING!



NO HIGH FRUCTOSE CORN SYRUP IN ANY OF OUR FLAVORED MILKS!

**VEGETABLE**

# 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!

**OF THE MONTH**

# NUTRITION TO GO

Experts recommend that we eat at least 20-30 grams of fiber a day -- but most Americans consume less than half that much. Good sources are grains, fruits, vegetables, and beans. Check the label on your favorite breakfast cereal -- some provide 5 or more grams of fiber per bowl, while others provide none.

**A TASTY MORSEL FOR PARENTS**