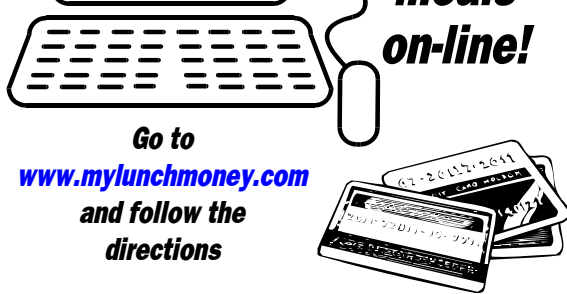


**WELCOME TO THE NEW YEAR!**  
**MENUS FOR**  
**JANUARY 2012**  
**Middletown School District Elementary Menus**  
*This institution is an equal opportunity provider.*

**Convenience Control**  
**CONNECT!**



**Use your credit card to pay for meals on-line!**

Go to [www.mylunchmoney.com](http://www.mylunchmoney.com) and follow the directions

**DO IT FOR YOU, TOO.**

Volunteering isn't just good for those who might need your help -- it's good for you, too. Serving as a volunteer has been shown to improve self-confidence, teach job skills, combat depression, and increase physical activity among volunteers of all ages. That's a wellness win-win!

**HELP**

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

**Eat up.**



When kids "eat up," their grades go up, too. Research strongly suggests that kids who regularly eat balanced, nutritious meals pay better attention in class, participate more, and even score better on tests. We try to do our part by providing healthy meals at school, so we hope you will encourage your kids to join us often!

**Snap out of it!**



Yes, vacation is over, but we're happy to see you -- and it won't be too long until Spring Break!

**Welcome Back!**

**Breakfast** **Lunch**  
**\$1.00** **\$1.80**

Get in touch with us today to learn more about free and reduced-price meals in our district: 845-326-1230 or [kperry@ecsdm.org](mailto:kperry@ecsdm.org)

**Monday, January 9**

**Breakfast**  
 Breakfast Bites  
 Fruit  
 Milk

**Lunch**  
 Popcorn Chicken  
 Brown Rice  
 Whole Wheat Dinner Roll  
 Corn  
 Pears

**Tuesday, January 3**

**Breakfast**  
 Breakfast Sandwich  
 Egg, sausage, Cheese  
 Juice  
 Milk

**Lunch**  
 Frankfurter on a Whole Wheat Bun  
 Baked Beans

**Tuesday, January 10**

**Breakfast**  
 Egg Patty & Cheese on an English Muffin  
 Juice  
 Milk

**Lunch**  
 French Toast with Syrup  
 Sausage Links  
 Tater Tots  
 Orange Juice  
 Banana

**Wednesday, January 4**

**Breakfast**  
 French Toast  
 Sausage  
 Juice  
 Milk

**Lunch**  
 Roasted Chicken  
 Mashed Potatoes  
 Dinner Roll  
 Carrots  
 Fresh Apple

**Wednesday, January 11**

**Breakfast**  
 Pancakes  
 Fruit Topping  
 Milk

**Lunch**  
 Chicken Patty on a Whole Wheat Roll  
 Rotini Pasta Salad  
 Mixed Vegetables  
 Pineapple

**Thursday, January 5**

**Breakfast**  
 Colby Cheese Omelet  
 Juice  
 Milk

**Lunch**  
 Spaghetti and Meatballs  
 Garlic Bread  
 Broccoli  
 Peaches

**Thursday, January 12**

**Breakfast**  
 Hot Ham & Cheese Sandwich  
 Juice  
 Milk

**Lunch**  
 Italian Dunks  
 Meat sauce with Cheesy Bread  
 Peas  
 Fresh Apple

**Friday, January 6**

**Breakfast**  
 Creamy Oatmeal  
 Juice  
 Milk

**Lunch**  
 Cheese Pizza on Whole Wheat Crust  
 Tossed Salad with Dressing Choices

**Friday, January 13**

**Breakfast**  
 4 oz. Yogurt  
 School Made Muffin  
 Milk

**Lunch**  
 Cheese Pizza on Whole Wheat Crust  
 Tossed Salad with Dressing Peaches