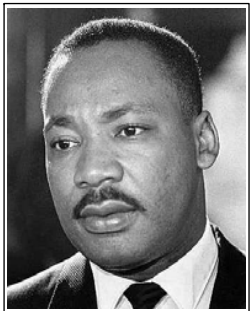


Monday, January 16



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

Tuesday, January 17

**Breakfast**  
Breakfast Bites  
Fruit  
Milk

**Lunch**  
Cheeseburger on Whole Wheat Bun  
Shoestring Fries  
Fresh Orange

Wednesday, January 18

**Breakfast**  
Waffle  
Sausage  
Milk

**Lunch**  
Grilled Cheese Sandwich  
Chicken Noodle Soup  
Sweet Potato Tots  
Mixed Fruit

Thursday, January 19

**Breakfast**  
Colby Cheese Omelet  
Juice  
Milk

**Lunch**  
Turkey with Gravy  
Mashed Potatoes  
Dinner Roll  
Peaches  
Holiday Sugar Cookie

Friday, January 20

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

**Lunch**  
Cheese Pizza  
On Whole Wheat Crust  
Tossed Salad with Dressing  
Choice  
Applesauce

Monday, January 23

**Breakfast**  
Breakfast Bites  
Fruit  
Milk

**Chinese New Year Lunch**  
Chicken Teriyaki  
Fried Rice  
Vegetable Eggroll  
Pineapple

Tuesday, January 24

**Breakfast**  
Breakfast sandwich  
Egg Patty, Sausage, Cheese  
Juice

**Lunch**  
Meatball Parm Hero  
Tater Tots  
Fresh Apple

Wednesday, January 25

**Breakfast**  
Small Kaiser Roll  
Butter/Jelly  
Fruit  
Milk

**Lunch**  
Baked Breaded Chicken  
Mashed Potatoes with Gravy  
Biscuit  
Green Beans  
Banana

Thursday, January 26

**Breakfast**  
Colby Cheese Omelet  
Juice  
Milk

**Lunch**  
Nachos  
Spicy Meat Sauce with Nachos, Cheese, Salsa & Sour Cream  
Rice & Beans  
Corn  
Mixed Fruit

Friday, January 27

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

**Lunch**  
Cheese Pizza  
On Whole Wheat Crust  
Tossed Salad with Dressing  
Choice  
Applesauce

Monday, January 30

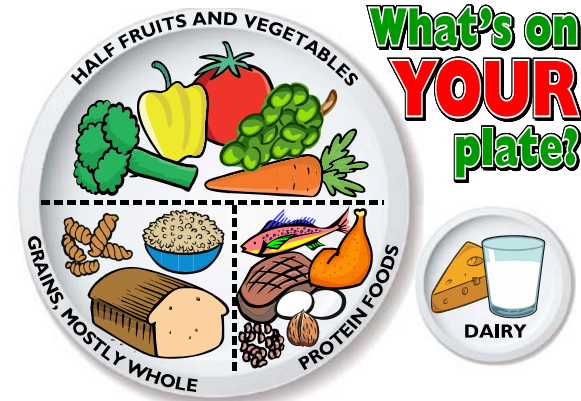
**Breakfast**  
Breakfast Bites  
Fruit  
Milk

**Sampler Lunch**  
Chicken Nuggets  
Mozzarella Sticks  
Bread Stick, Marinara  
Broccoli  
Peaches

Tuesday, January 31

**Breakfast**  
Breakfast sandwich  
Egg Patty, Sausage, Cheese  
Juice

**Lunch**  
Cheeseburger on Whole Wheat Bun  
Shoestring Fries  
Mixed Fruit



# 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)

The Chinese New Year begins with the new moon on January 23. 2012 is the year of the Dragon.

# YEAR OF THE DRAGON

## Available Daily

- Variety of Boar's Head Cold Cut Sandwiches
- Fresh or Canned Fruit
- Skim and Low Fat Milk and Flavored Milk

Available with every Breakfast or Lunch