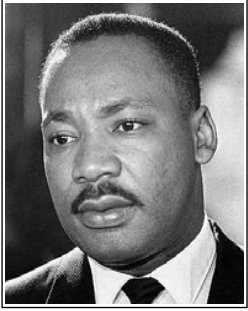


Monday, January 16



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
French Bread 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
Stromboli
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

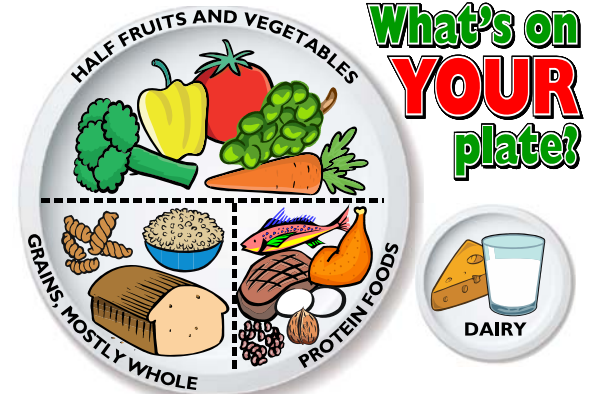
Lunch
(3) Burger Sliders
Shoestring Fries
Green Beans
Mixed Fruit

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



YEAR OF THE DRAGON



What's on YOUR plate?



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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Available Daily

Variety of Boar's Head Cold Cut Sandwiches
Fresh or Canned Fruit
Pizza, Burgers, Chicken Tenders,
Made to Order Chicken or Steak Salads
Skim and Low Fat Milk and Flavored Milk
Available with every meal.