



Tuesday, January 17

Breakfast
French Toast
Sticks, Grapes,
Juice, Milk

Lunch
Hamburger,
Peaches, Potato
Salad, Milk

Wednesday, January 18

Breakfast
Oatmeal, Raisins,
Sausage Patty,
Milk

Lunch
Cheese Pizza,
Orange, Spinach
Tossed Salad, Corn
Milk

Thursday, January 19

Breakfast
Breakfast Pizza,
Apple Slices, Juice,
Milk

Lunch
Chicken Sandwich,
Cantaloupe, Green
Peas, Milk

Friday, January 20

Breakfast
Breakfast Burrito,
Pineapples, Juice,
Milk

Lunch
Turkey & Ham
Hoagie Sandwich,
Grapes, Carrot
Sticks, Cucumber
Slices, Milk

Monday, January 23

Breakfast
Waffles, Chicken,
Mixed Fruit, Juice,
Milk

Lunch
Turkey Nachos,
Salsa, Corn,
Grapes,
Milk

Tuesday, January 24

Breakfast
Bagel, Egg Patty,
Orange Slices,
Juice, Milk

Lunch
Sweet 'n Sour
Chicken, Brown
Rice, Broccoli,
Dinner Roll,
Orange, Milk

Wednesday, January 25

Breakfast
English Muffin,
Hash Browns,
Blueberries, Milk

Lunch
PBJ Sandwich,
Apple, Carrot
Sticks, Milk

EARLY

Thursday, January 26

Breakfast
Cereal, Banana,
Toast, Juice, Milk

Lunch
Chef Salad w/
turkey & ham,
Mixed Fruit,
Dinner Roll, Milk

Friday, January 27

Breakfast
Donuts, Apple,
Juice, Milk

Lunch
Hot Dog, Diced
Pears, Cole Slaw,
Baked Beans, Milk

Monday, January 30

Breakfast
French Toast
Sticks, Sausage
Patty,
Strawberries, Juice,
Milk

Lunch
Turkey Wraps,
Pears, Spinach
Salad, Carrot

Tuesday, January 31

Breakfast
Breakfast Pizza,
Mixed Fruit, Juice,
Milk

Lunch
Chicken Nuggets,
Brown Rice, Lima
Beans, Dinner Roll,
Orange, Milk



Put me in my place!
Is the tomato a fruit or a vegetable?



A lot of people think the tomato is a vegetable, but it's really a fruit. An especially "fruity" type of tomato is the grape tomato. Try these little sweeties with dip, in salads, or straight out of the carton!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

