

Monday, January 22

Breakfast

Waffles,
Blueberries, Egg
Patty, Milk

Lunch

Fish Nuggets,
Dinner Roll, Potato
Wedges, Grapes,
Milk

Tuesday, January 23

Breakfast

Sausage, Egg &
Biscuit, Honey dew
Melon, Milk

Lunch

Chicken w/
Noodles, Dinner
Roll, Carrots,
Green Peas,
Oranges, Milk

Wed., January 24

Breakfast

Egg & Cheese
Omelette, Toast,
Orange Slices,
Milk

Lunch

Chili, Grilled
Cheese Sandwich,
Honey dew Melon,
Milk

Thursday, January 25

Breakfast

Oatmeal, Raisins,
Milk

Lunch

Vegetable Soup,
Whole Grain
Bread, Peaches,
Milk

Friday, January 26

Breakfast

Cereal, Toast,
Banana, Milk

Lunch

Bologna Hoagie,
Apple, Tater Tots,
Cucumber, Milk

Monday, January 29

Breakfast

French Toast,
Sausage Link,
Juice, Milk

Lunch

Riblets on Hoagie
Bun, Baked Beans,
Potato Salad,
Pears, Milk

Tuesday, January 30

Breakfast

Grits, Cheese, Egg
Patty, Honey dew
Melon, Milk

Lunch

Hamburger,
Dinner Roll, Green
Beans,
Strawberries, Milk

Wed., January 31

Breakfast

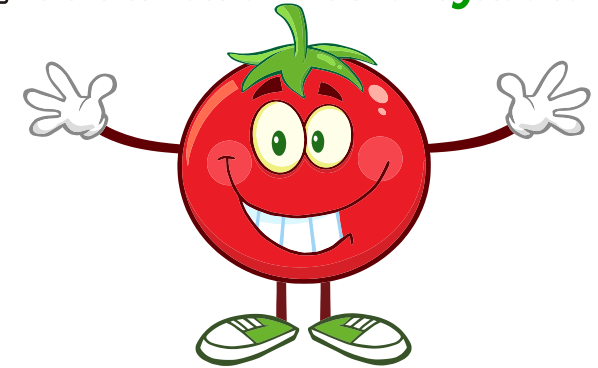
Pop Tart, Cheese
Stick, Juice, Milk

Lunch

PBJ Sandwich,
Cheese Stick,
Orange, Baby
Carrots, Chips
**EARLY
DISMISSAL**



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



Pineapples are picked ripe and do not ripen further after picking. There's no sure way to tell that a whole pineapple is sweet -- although fresh, deep green crown leaves are a good sign. Most grocery stores now carry vacuum-packed pineapples that are already cored and shelled -- buying these saves you some work and avoids surprises.

