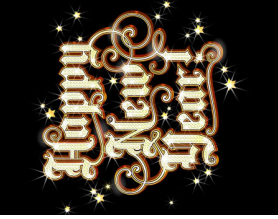




# January 2010

MEAL PRICES	
<b>Breakfast:</b>	<b>Lunch:</b>
Student Paid - \$1.10	PreK-4 Student Paid - \$1.80
Student Reduced - \$.30	5-8 Student Paid - \$1.90
Adult Paid - \$1.70	9-12 Student Paid - \$2.00
	Student Reduced - \$.40
	Adult - \$2.95
	Milk - \$.30

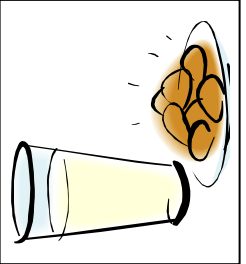
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1	2
	<div style="border: 1px solid black; padding: 5px;"> <p>This institution is an equal opportunity provider. Milk offered with all meals.</p> </div>				<div style="border: 1px solid black; padding: 5px;"> <p>No School January 1-4</p> </div>
4	<b>NO SCHOOL</b>	5 Cereal Cheese Stick Peaches  Corn dog Broccoli with Cheese Mandarin Oranges Cookies	6 Biscuit Sandwich Juice  Ham & Cheese on Hoagie Chips Baby Carrots Pineapple	7 Pancake on a Stick Apricots  Chicken Nuggets Mashed Potatoes Gravy Corn Biscuit Peaches	8 Donut Ham Patty Mixed Fruit  Sloppy Joe on Bun Tater Tots Green Beans Mixed Fruit Cake
	11 Cereal Ham Patty Fruit  Burrito with Cheese Spanish Rice Refried Beans Mandarin Oranges	12 Pancakes Sausage Links Mandarin Oranges  Chicken Strips Mashed Potatoes Gravy Green Beans Roll Applesauce	13 Hot Pocket Hash Brown Peaches  Pizza Baby Carrots Peas Cinnamon Apple Slices	14 Cinnamon Roll Applesauce  Chicken Parmesan on Bun Tossed Salad Chips Fresh Fruit Cup	15 Muffin Square Yogurt Apricots  Cheeseburger on Bun Fries Baked Beans Apricots Brownies

18	<b>NO SCHOOL</b>	19 Oatmeal Muffin Cheese Stick	20 Cereal Yogurt Fruit	21 Breakfast Pizza Pineapple	22 Ultimate Breakfast Round Applesauce
S A L A	25 Cereal Sausage Links Peaches	26 Cinnamon Tastry Mandarin Oranges	Nachos with Meat and Cheese Mixed Vegetables Pears Muffin	Chicken Wrap Chicken Rice Lettuce Salad Applesauce	Hot Dog Tater Tots Baked Beans Peaches
D W E E	BBQ Chicken Nuggets White Rice Mixed Vegetables	Italian Pasta Bake Corn Garlic Bread Pineapple	27 French Toast Ham Patty Juice	28 Breakfast Burrito Cheese Slice Pears	29 Biscuit Sausage Gravy Pineapple
B K A R	Biscuit Apricots <b>CGES/MS 4<sup>th</sup> grade menu choice</b>		Turkey and Cheese on Bun Baby Carrots Chips Peaches	Beef Haystack Peas Mixed Fruit Cake	Breaded Beef Steak on Bun Broccoli Tater Tots Mandarin Oranges

**No Bake Quickies**

Ingredients:  
 2 cups sugar  
 1/2 cup margarine  
 3 T cocoa  
 1/2 cup milk  
 3 cups oatmeal  
 1 1/2 t. vanilla  
 wax paper

Directions:  
 Have your wax paper spread out and ready for the cookies. An adult can help you with the boiling part.  
 Boil together sugar, margarine, cocoa and milk for approx. 2 1/2 minutes, stirring constantly.  
 Remove from heat and add vanilla and oatmeal. Stir quickly. Drop by spoonfuls onto wax paper. Put into refrigerator to harden. YUM!!!



**JANUARY IS OFFICIAL MONTH FOR CELEBRATING:**  
 “Thank You”, Oatmeal, Soup, Eggs, Breakfast, Fiber Focus,  
 Wheat Bread



A bowl of oatmeal and a pear contain about the same amount of fiber.

Dietary fiber generally refers to parts of fruits, vegetables, grains, nuts and legumes that can't be digested by humans. Meats and dairy products do not contain fiber. Studies indicate that high-fiber diets can reduce the risks of heart disease and certain types of cancer. There are two basic types of fiber - insoluble and soluble. Soluble fiber in cereals, oatmeal, beans and other foods has been found to lower blood cholesterol. Insoluble fiber in cauliflower, cabbage and other vegetables and fruits helps move foods through the stomach and intestine, there by decreasing the risk of cancer.