

WELCOME TO THE NEW YEAR!

MENUS FOR JANUARY 2012

Peru-CSD Middle School and High School

This institution is an equal opportunity provider.

DO IT FOR YOU, TOO.

Volunteering isn't just good for those who might need your help -- it's good for you, too. Serving as a volunteer has been shown to improve self-



confidence, teach job skills, combat depression, and increase physical activity among volunteers of all ages. That's a wellness win-win!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Available Daily

Breakfast

Includes Fruit & Milk

Monday & Thursday

Breakfast Pizza

Tuesday & Friday

Ham & Cheese Breakfast Sandwich

Wednesday

Cinnamon Bun & More!

Eat up.



When kids "eat up," their grades go up, too. Research strongly suggests that kids who regularly eat balanced, nutritious

meals pay better attention in class, participate more, and even score better on tests. We try to do our part by providing healthy meals at school, so we hope you will encourage your kids to join us often!

Breakfast	Lunch
\$1.15	\$1.90
\$1.40	\$2.15
<i>Elementary</i>	<i>Elementary</i>
<i>Secondary</i>	<i>Secondary</i>

Also Available Daily

Lunch

Deli Sandwich

Chef or Garden Salad

Bagel

Tuesday, January 3

Day 5

Grilled Cheese Sandwich on Wheat Bread
 Tomato Pasta Soup
 Steamed Broccoli
 Chilled Pears

Wednesday, January 4

Day 6

Hamburger with Cheese
 Lettuce & Tomatoes
 Onions & Pickles
 Wheat Roll
 Potato Rounds
 Chilled Mandarin
 Oranges

Thursday, January 5

Day 1

Popcorn Chicken
 Dipping Sauce
 Mashed Potatoes
 Gravy
 California Blend
 Vegetables
 Chilled Applesauce

Friday, January 6

Day 2

Stuffed Crust Pizza
 Cheese or Pepperoni
 Steamed Green Beans
 Chilled Peaches

Monday, January 9

Day 3

Chicken Nuggets
 Dipping Sauce
 Herbed Rice
 Mixed Vegetables
 Chilled Fruit
 Cocktail

Tuesday, January 10

Day 4

Italian Dunkers
 Pizza Sauce
 Chef Salad w/ Meat & Cheese
 Choice of Dressings
 Strawberry Cups

Wednesday, January 11

Day 5

Tacos

Crisp or Soft Shell
 Taco Meat topped with Lettuce
 Tomato & Cheese
 Salsa & Taco Sauce
 Brown Rice
 Steamed Corn
 Chilled Pineapple

Thursday, January 12

Day 6

Staff Development

Early Release

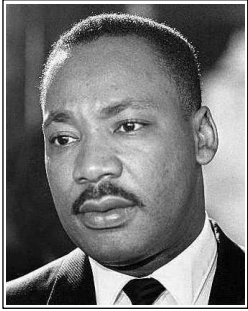
No Lunch

Friday, January 13

Day 1

****New****
 Mini Calzones
 Marinara Sauce
 Herbed Noodles
 Baby Carrots & Dip
 Apple Slices

Monday, January 16



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

Monday, January 17

Day 2

Michigan Or Hot Dog
On Wheat Roll
Potato Rounds
Caprese Salad
Orange Wedges

Ketchup/Mustard/Relish

Monday, January 18

Day 3

Chicken Rice Soup
Sub Sandwich
Wheat Roll
Sliced Turkey & Cheese
Lettuce + Tomatoes
Onions + Pickles
Hot Peppers
Chilled Fresh Pears

Monday, January 19

Day 4

Brunch for Lunch
French Toast Sticks
Syrup
Ham Slice
Roasted Potatoes
Calico Salad
Banana

Monday, January 20

Day 2

BBQ Rib Sandwich
On Roll
BBQ Sauce
Mozzarella Cheese
Pickles and Onions
Steamed Broccoli
Assorted Fresh Fruit

Monday, January 23

Day 6

Chicken Patty
Sandwich
Wheat Roll
Lettuce & Tomato
Oriental Rice
Steamed Green Beans
Chilled Pears

Tuesday, January 24

Day 1

Nachos
Chips with
Nacho Meat and
Cheese Sauce
Tomatoes & Scallions
Salsa & Black Olives
Sour Cream
Brown Rice
Chilled Peaches

Wednesday, January 25

Day 2

Chicken Fajita Wrap
Soft Shell
Lettuce & Tomato
Shredded Cheese
Oven Baked Beans
Orange Wedges

Thursday, January 26

Day 3

Chef Salad With
Baby Spinach
Strips of Ham & Turkey
Dressings
Soft Pretzel
Cheese Sauce
Chilled Mixed Fruit

Friday, January 27

Day 4

Stuffed Crust Pizza
Cheese or
Pepperoni
Steamed California
Blend Vegetables
Chilled Applesauce

Monday, January 30

Day 5

Chicken Tenders
Dipping Sauce
Macaroni & Cheese
Steamed Peas
Chilled Orange
Wedges

Tuesday, January 31

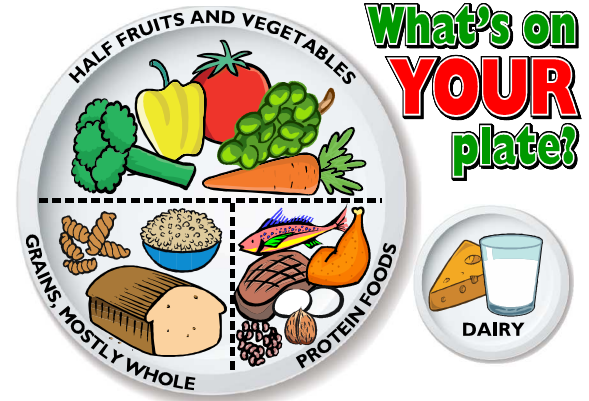
Day 6

Spaghetti with
Italian Meat Sauce
or Marinara Sauce
Cheesy Garlic Bread
Steamed
Cauliflower
Fresh Apple



Experts recommend that we eat at least 20-30 grams of fiber a day – but most Americans consume less than half that much. Good sources are grains, fruits, vegetables, and beans. Check the label on your favorite breakfast cereal -- some provide 5 or more grams of fiber per bowl, while others provide none.

A TASTY MORSEL FOR PARENTS



What's on YOUR plate?

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 or 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

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