

**WELCOME TO THE NEW YEAR!**

**MENUS FOR JANUARY 2012**

**Peru-CSD Primary School and Intermediate 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-Milk & Fruit daily

Monday  
Cereal & Cheese Stick

Tuesday  
Mini Pancakes

Wednesday  
Yogurt & Crackers

Thursday  
Ham & Cheese Roll-Up

Friday  
Cereal & Seeds

# Eat up.



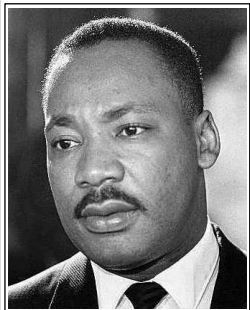
When kids "eat up," their grades go up, too. Research strongly suggests that kids who regularly eat balanced, nutritious

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!

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

Also Available Daily	Tuesday, January 3	Wednesday, January 4	Thursday, January 5	Friday, January 6
<p><b><u>Lunch</u></b></p> <p>Peanut Butter &amp; Jelly Sandwich</p> <p>Or</p> <p>Cheese Sandwich</p>	<p><b><u>Day 5</u></b></p> <p>Grilled Cheese Sandwich on Wheat Bread</p> <p>Tomato Pasta Soup</p> <p>Steamed Broccoli</p> <p>Chilled Pears</p>	<p><b><u>Day 6</u></b></p> <p>Hamburger with Cheese</p> <p>Lettuce &amp; Tomatoes</p> <p>Onions &amp; Pickles</p> <p>Wheat Roll</p> <p>Potato Rounds</p> <p>Chilled Mandarin</p> <p>Oranges</p>	<p><b><u>Day 1</u></b></p> <p>Popcorn Chicken</p> <p>Dipping Sauce</p> <p>Mashed Potatoes</p> <p>Gravy</p> <p>California Blend</p> <p>Vegetables</p> <p>Chilled Applesauce</p>	<p><b><u>Day 2</u></b></p> <p>Stuffed Crust Pizza</p> <p>Cheese or Pepperoni</p> <p>Steamed Green Beans</p> <p>Chilled Peaches</p>
<p><b><u>Monday, January 9</u></b></p> <p><b><u>Day 3</u></b></p> <p>Chicken Nuggets</p> <p>Dipping Sauce</p> <p>Herbed Rice</p> <p>Mixed Vegetables</p> <p>Chilled Fruit</p> <p>Cocktail</p>	<p><b><u>Tuesday, January 10</u></b></p> <p><b><u>Day 4</u></b></p> <p>Italian Dunkers</p> <p>Pizza Sauce</p> <p>Chef Salad w/ Meat &amp; Cheese</p> <p>Choice of Dressings</p> <p>Icy Juicy</p>	<p><b><u>Wednesday, January 11</u></b></p> <p><b><u>Day 5</u></b></p> <p><b><u>Tacos</u></b></p> <p>Crisp or Soft Shell</p> <p>Taco Meat topped with Lettuce</p> <p>Tomato &amp; Cheese</p> <p>Salsa &amp; Taco Sauce</p> <p>Brown Rice</p> <p>Steamed Corn</p> <p>Chilled Pineapple</p>	<p><b><u>Thursday, January 12</u></b></p> <p><b><u>Day 6</u></b></p> <p><b><u>Staff Development</u></b></p> <p><b><u>Early Release</u></b></p> <p><b><u>No Lunch</u></b></p>	<p><b><u>Friday, January 13</u></b></p> <p><b><u>Day 1</u></b></p> <p>Pizza</p> <p>Cheese or Pepperoni</p> <p>Baby Carrots &amp; Dip</p> <p>Apple Slices</p>

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  
Banana

Monday, January 20

Day 2

Stuffed Crust Pizza  
Cheese or Pepperoni  
Steamed Broccoli  
Assorted Fresh Fruit

Monday, January 23

Day 6

Chicken Patty Sandwich  
Wheat Roll  
Lettuce & Tomato  
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 Quarters

Tuesday, January 31

Day 6

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



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?

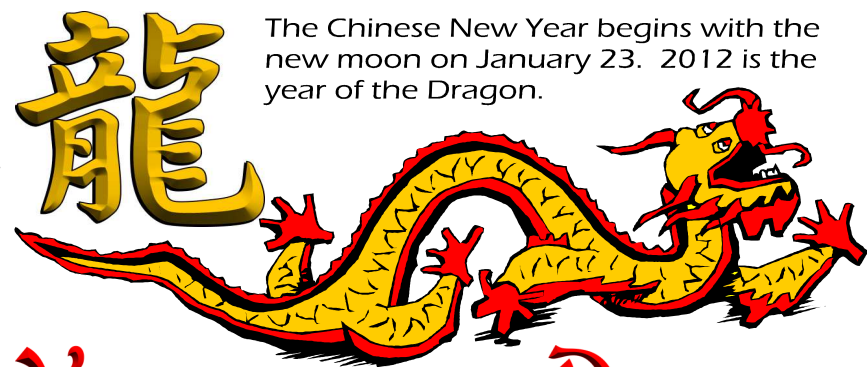


# Purple Carrots?!



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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](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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