

Monday, January 16

No School

Tuesday, January 17

Lunch
Turkey & Cheese Subs
Or PB&J
Baby Carrots
Fresh Fruit

Snack
Milk & Crackers

Wed., January 18

Lunch
Chicken Tacos
Shredded Lettuce
PB&J
Baby Carrots
Fresh Bananas

Snack
Juice & Baked Chips

Thurs., January 19

Lunch
Toasted Cheese
Vegetarian Chili
Or PB&J
Fruit Cup

Snack
Apples & Cheese

Friday, January 20

Lunch
Pizza
Green Beans
Or PB&J
Diced Peaches

Snack
Milk & Pop Tarts

Monday, January 23

Lunch
Burritos
Or PB&J
Corn
Diced Pears

Snack
Juice & Snack Mix

Tuesday, January 24

Lunch
Chicken Alfredo
with Pasta
Or PB&J
Baby Carrots
Fresh Fruit

Snack
Milk & Crackers

Wed., January 25

Lunch
Nachos
Or PB&J
Baby Carrots
Fresh Bananas

Snack
Yogurt & Scooby Snacks

Thurs., January 26

Lunch
Ham and
Au Gratin Potato
Or PB&J
Baby Carrots
Shape ups
Fresh Fruit
Baked Chips

Snack
Milk & Cereal bars

Friday, January 27

Lunch
Max Cheese
Sticks
Marinara sauce
Or PB&J
Fruit Cup

Snack
Juice & Baked Chips

Monday, January 30

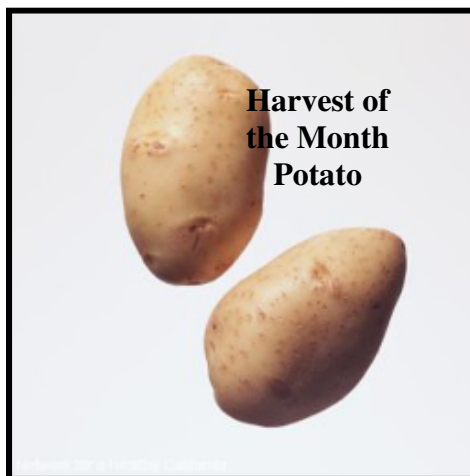
Lunch
Corn Dogs
PB&J
Baby Carrots
Applesauce

Snack
Apples & Cheese

Tuesday, January 31

Lunch
Macaroni & Cheese
Or PB&J
Garden Bar
Fresh Fruit

Snack
Milk & Crackers



STRANGE BUT TRUE!



A TIGER DOESN'T JUST HAVE STRIPED FUR - ITS **SKIN** IS STRIPED, TOO, AND IN THE **EXACT SAME PATTERN!** A TIGER'S STRIPES ARE LIKE A FINGERPRINT - NO TWO TIGERS HAVE EXACTLY THE SAME STRIPES!



EXPLORING THE SECRETS OF "MY PYRAMID"

Q: Can you name

POPEYE

the "super food" that gave Popeye his strength and was the first vegetable sold frozen?



A: It's SPINACH, of course! Spinach contains an incredible amount of protein for a veggie. Plus, it's off the charts for vitamins A and K, a good source of fiber, and loaded with disease-fighting "carotenoids." No wonder it made Popeye so strong!

LEARN MORE AT WWW.KIDSHEALTH.ORG/KID/STAY_HEALTHY/FOOD/PYRAMID.HTML