

WELCOME TO THE NEW YEAR!

MENUS FOR JANUARY 2012

D.C. Everest Area Schools

This institution is an equal opportunity provider.

JANUARY BIRTHDAYS

Kate Middleton (30) -- Jan. 9
 Drew Brees (33) -- Jan. 15
 Dr. Martin Luther King -- Jan. 15
 Muhammed Ali (70) -- Jan. 17
 Michelle Obama (48) -- Jan. 17
 Alicia Keys (31) -- Jan. 25

Tuesday, January 3

Breakfast
 Breakfast Meal Break
 Choice of Milk

Lunch
 Hamburger on a Bun
 "The Works"
 Whole Kernel Corn
 Fresh Veggies & Dip
 Mini Cookies
 Choice of Milk

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!

Wednesday, January 4

Breakfast
 Chilled Applesauce
 Eggo Pancakes
 Choice of Milk

Lunch
 Pepperoni Pizza or
 Ground Beef & Gravy/Curly
 Noodles
 Tossed Garden Salad &
 Dressing
 Whole Grain Bread
 Strawberry Cup
 Choice of Milk

Thursday, January 5

Breakfast
 Chilled Pear Sauce
 French Toast Sticks
 Choice of Milk

Lunch
 Super Sub Sandwich or
 Sloppy Joe on a Bun
 Tator Tots
 Chilled Mixed Fruit
 Choice of Milk

Friday, January 6

Breakfast
 Fresh Fruit
 Cereal & Toast
 Choice of Milk

Lunch
 Crispy Chicken Patty/
 Seasoned Rice & Carrots or
 Fresh Fruit Plate/Yogurt &
 Cheese Stick
 Muffin
 Chilled Pears
 Choice of Milk

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

Monday, January 9

Breakfast
 Chilled Mixed Fruit
 Mini Cinnis
 Choice of Milk

Lunch
 Crispy Chicken Nuggets &
 Honey or
 Pizza Bake
 Winter Blend Veggies
 Whole Grain Bread
 Assorted Fresh Fruit
 Choice of Milk

Tuesday, January 10

Breakfast
 Chilled Pear Sauce
 English Muffin & Jelly
 Choice of Milk

Lunch
 Nachos Grande or
 BBQ Rib on a Bun
 Baby Carrots & Dip
 Whole Grain Bread
 Chilled Applesauce
 Choice of Milk

Chionophobia

Word play

"Chionophobia" is the fear of snow or being snowbound.

Wednesday, January 11

Breakfast
 Chilled Peaches
 Cereal & Toast
 Choice of Milk

Lunch
 Cheese Omelet or
 Yogurt & Cheese Stick
 Chilled Fruit Juice
 Whole Grain Pancakes &
 Syrup
 Warm Apple Slices
 Choice of Milk

try to do our part by providing healthy meals at school, so we hope you will encourage your kids to join us often!

Breakfast **Elem Lunch**

\$1.00 1.30

Get in touch with us today to learn more about free and reduced-price meals in our district: 715-241-9700, X2407 or dhrdina@dce.k12.wi.us

Thursday, January 12

Breakfast
 Fresh Fruit
 Yogurt & Cheese Stick
 Choice of Milk

Lunch
 Pizza Dippers & Sauce or
 Turkey Chop Suey & Rice
 Tossed Garden Salad &
 Dressing
 Whole Grain Bread
 Chilled Peaches
 Choice of Milk

Friday, January 13

Breakfast
 Chilled Applesauce
 Cereal & Toast
 Choice of Milk

Lunch
 PBJ Uncrustable or
 Turkey Deli Sandwich
 Home-Style Chicken Noodle
 Soup & Crackers
 Fresh Veggies & Dip
 Chilled Pears
 Choice of Milk

Monday, January 16

Breakfast

Chilled Pear Sauce
Cereal & Bkfst Crackers
Choice of Milk

Lunch

Mini Corn Dogs & Catsup or
Home-Style Chili & Crackers
Fresh Veggies & Dip
Whole Grain Bread
Chilled Applesauce
Choice of Milk

Tuesday, January 17

Breakfast

Chilled Applesauce
Mini Cinnis
Choice of Milk

Lunch

Crispy Chicken Patty & Sweet
Potato Fries or
Chef Salad/Meat & Cheese
Macaroni Salad
Muffin
Chilled Pears
Choice of Milk

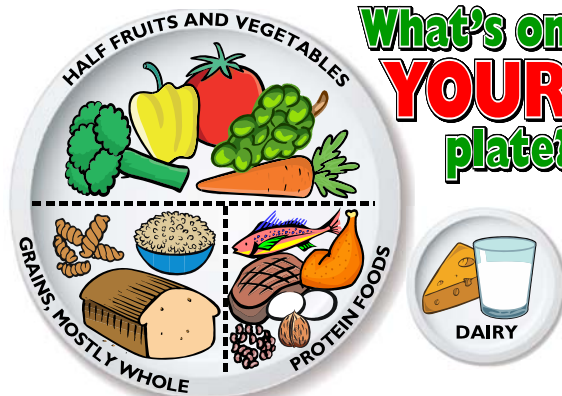
Wednesday, January 18

Breakfast

Chilled Mixed Fruit
Yogurt & Cheese Stick
Choice of Milk

Lunch

Super Sub Sandwich or
Grilled Ham & Cheese
Sandwich
Creamy Tomato Soup &
Goldfish Crackers
Chilled Peaches
Choice of Milk



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

Thursday, January 19

Breakfast

Fresh Fruit
Fruit Frudel
Choice of Milk

Lunch

Hot Turkey & Gravy or
Meat Ball Sub Sandwich
Whipped Potatoes
Dinner Roll
Strawberry Cup
Choice of Milk

Friday, January 20

Breakfast

Chilled Peaches
Cereal & Toast
Choice of Milk

Lunch

Pizza Fries & Sauce or
Teriyaki Chicken Sandwich
Tossed Garden Salad &
Dressing
Assorted Fresh Fruit
Choice of Milk

START DANCING!



NO HIGH FRUCTOSE CORN SYRUP IN ANY OF OUR FLAVORED MILKS!

Tuesday, January 24

Breakfast

Breakfast Meal Break
Choice of Milk

Lunch

Crispy Chicken Nuggets &
Honey
Seasoned Brown Rice
California Blend Veggies
Assorted Fresh Fruit
Choice of Milk

Wednesday, January 25

Breakfast

Fresh Fruit
Eggo Pancakes
Choice of Milk

Lunch

Cheeseburger on a Bun &
Confetti Fries or
Santa Fe Salad
Chilled Applesauce
Bug Bite Grahams
Choice of Milk

Thursday, January 26

Breakfast

Chilled Pear Sauce
Yogurt & Bkfst Crackers
Choice of Milk

Lunch

Pizza Dippers & Sauce or
PBJ Uncrustable
Fresh Veggies & Dip
Chilled Peaches
Choice of Milk

Friday, January 27

Breakfast

Chilled Peaches
Cereal & Toast
Choice of Milk

Lunch

Italian Meat Sauce & Rotini
or
Hot Dog on a Bun
Tossed Garden Salad &
Dressing
Bread Stick
Assorted Fresh Fruit
Choice of Milk



The Chinese New Year begins with the new moon on January 23. 2012 is the year of the Dragon.

Monday, January 30

Breakfast

Fresh Fruit
French Toast Sticks
Choice of Milk

Lunch

Mexican Tacos/Cheese,
Lettuce & Salsa or
Sunshine Sandwich
Mexicali Corn
Whole Grain Bread
Chilled Applesauce
Choice of Milk

Tuesday, January 31

Breakfast

Chilled Applesauce
Cereal & Toast
Choice of Milk

Lunch

Mini Corn Dogs & Catsup or
Home-Style Chili & Crackers
Fresh Veggies & Dip
Chilled Peaches
Giant Goldfish Graham
Choice of Milk

