



# January 2010

## ELEMENTARY



Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> <b>WELCOME BACK!</b> <b>HAPPY NEW YEAR!</b>
<b>4</b> Cheeseburger on Bun Pickle Slices Baked Tator Tots Whole Fruit Juice Bar Milk	<b>5</b> Taco Hot Pocket w/salsa Seasoned Green Beans Chilled Applesauce Cup Milk	<b>6</b> Chicken Nuggets w/sauce Warm Dinner Roll Whipped Potatoes w/gravy Chilled Mandarin Oranges Milk	<b>7</b> Ravioli Casserole Warm Garlic Bread Crisp Lettuce Salad w/dressing Chilled Pears Milk	<b>8</b> Pizza (cheese or meat) Seasoned Mixed Vegetables Chilled Strawberries w/topping Milk
<b>11</b> French Toast Sticks Sausage Tri Tater Warm Cinnamon Apples Milk	<b>12</b> Nacho Haystack w/taco meat, cheese sauce & salsa Seasoned Peas Chilled Peaches Milk	<b>13</b> Fish Treasures w/tartar sauce Baked Macaroni & Cheese Seasoned Vegetable Medley Chilled Pineapple Tidbits Milk	<b>14</b> Chicken Tetrzzini Cheese Breadstick Seasoned Corn Chilled Gelatin Cup w/fruit Chocolate Cake Milk	<b>15</b> Pizza (cheese or meat) Crisp Lettuce Salad w/dressing Fresh Orange Wedges Milk
<b>18</b> 	<b>19</b> Stuffed Crust Dippers Dipping Sauce Seasoned Corn Chilled Sorbet Cup Milk	<b>20</b> Popcorn Chicken w/sauce Corn Muffin Whipped Potatoes w/gravy Fresh Grapes Milk	<b>21</b> Mini Corn Dogs w/sauce Warm Soft Pretzel Rod Baked Potato w/butter Broccoli w/cheese Milk	<b>22</b> Pizza (cheese or meat) Carrot Sticks w/dip Chilled Applesauce Milk
<b>25</b> West Clermont Burgers (Mini Hamburgers) Pickle Slices Baked Potato Smiles Chilled Mixed Fruit Milk	<b>26</b> Chicken Strips w/sauce Warm Dinner Roll Chicken Flavored Rice Seasoned Winter Vegetables Chilled Mandarin Oranges Milk	<b>27</b> Cooks Choice Seasoned Vegetable Chilled Fruit Milk	<b>28</b> Grilled Cheese Tomato Soup Goldfish Crackers Fruit Sherbet Cup Milk	<b>29</b> Pizza (cheese or meat) Glazed Carrots Chilled Peaches Milk

### News

January 4 - School Reopens

January 14 - End of 2<sup>nd</sup>  
Quarter & 1<sup>st</sup> Semester

January 18 - Martin Luther  
King Day (No School)

### STAY HEALTHY AND FIT

Kids need to be physically active, eat healthy and get enough sleep to maintain good health. Physical activity improves self-confidence, supports academic achievement and reduces the risk of depression. It also burns calories, helps maintain a healthy heart and increases bone density.

Be active 60 minutes a day.

For information on NFL "Play 60 Movement for an Active Generation", visit [www.nflrush.com](http://www.nflrush.com) for NFL Play 60 information.

