




January 2010

MIDDLE & HIGH SCHOOL



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

News

January 4 - School Reopens

January 14 - End of 2nd Quarter & 1st Semester

January 18 - Martin Luther King Day (No School)

Tips for Good Health

- Start your day with a good breakfast
- Snack Smart
- Balance your food choices
- Get Fit - be Active
- Include more whole grains, fruits and vegetables in you daily diet

