



## FRESH START CENTER

### Monday, January 6

Hotdog/Bun  
  
Fresh Fruit  
Pineapple  
Baked Beans  
Sweet Potato Cross  
Trax  
  
Choice of Cold Milk

### Tuesday, January 7

Hamburger/Bun  
  
Mixed Fruit  
Fresh Fruit  
Vegetable Medley  
French Fries  
  
Choice of Cold Milk

## GREAT STARTS.

A fast start is so important. And what better way to start the New Year than by starting each NEW DAY with a healthy, complete breakfast? You'll have more energy, be more alert, and feel full through the morning!



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

### Wednesday, January

Spaghetti/Meat  
Sauce  
Roll  
  
Mandarin Oranges  
Fresh Fruit  
Romaine Salad  
with tomatoes  
  
Choice of Cold Milk

### Thursday, January 9

BBQ/Swirl Roll  
  
Peaches  
Fresh Fruit  
Coleslaw  
Green Beans  
  
Choice of Cold Milk

## Word of the Month ser·vice

*noun* 1. help, use, benefit <happy to be of *service*> 2. contribution to the welfare of others 3. a helpful act <did her a *service*>



## JANUARY BIRTHDAYS

Zayn Malik (21) -- Jan. 12  
Drew Brees (35) -- Jan. 15  
Dr. Martin Luther King -- Jan. 15  
Muhammed Ali (72) -- Jan. 17  
Michelle Obama (50) -- Jan. 17  
Virginia Woolf -- Jan. 25



### Friday, January 10

Cheese Pizza  
  
Pears  
Fresh Grapes  
Corn  
Fresh Carrots  
  
Choice of Cold Milk

### Monday, January 13

Ham/Cheese/Bun  
  
Fresh Fruit  
Pears  
\*Chuckwagon Beans  
French Fries  
  
Choice of Cold Milk

### Tuesday, January 14

Chicken Salad  
Roll  
  
Sliced Apples  
Fresh Fruit  
Tossed Salad  
with Carrots  
  
Choice of Cold Milk

### Wednesday, January

Fish Sticks  
Roll  
  
Peaches  
Fresh Fruit  
Mixed Greens  
\*Glazed Sweet  
Potatoes  
  
Choice of Cold Milk

### Thursday, January 16

Salisbury Steak/  
Gravy  
Roll  
  
Fresh Fruit  
Mixed Fruit  
Mashed Potatoes  
Green Peas  
  
Choice of Cold Milk

### Friday, January 17

Pepperoni Pizza  
  
Applesauce  
Fresh Fruit  
Romaine Salad  
with Tomatoes  
  
Choice of Cold Milk

Students must choose at least one fruit or vegetable with their meal at lunch.

Students may purchase meals by the day, week, month, or year.

Menus are subject to change without notice due to product availability.

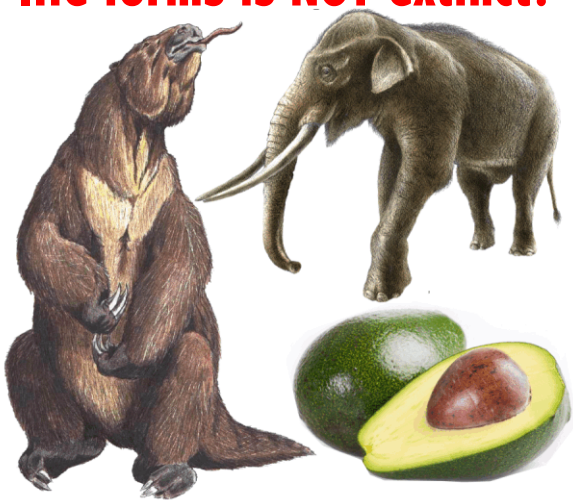
**Don't forget your breakfast and lunch money!!**

Applications for free/reduced price meals may be submitted at any time during the school year.

In accordance with Federal Law and U. S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color,



**Which of these prehistoric life forms is NOT extinct?**



STEGOMASTODON -- a six-ton elephant-like behemoth. MEGATHERIUM -- a four-ton giant ground sloth. And the AVOCADO?! The first two are extinct -- and the third probably should be. The avocado plant developed its large seed (it was even larger back then) because very big animals would eat the fruit whole in one gulp, seed and all, and help the plant spread to new areas. When most of the big mammals died off 10,000 or more years ago, the avocado should have disappeared with them -- birds and tiny mammals can't begin to swallow and disperse a seed that big! But somehow the wild avocado survived thousands of years until humans learned to cultivate the delicious fruit. And the avocado's future survival was guaranteed when man discovered the Super Bowl and started cranking out lots of guacamole every winter!!

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)

**Monday, January 20**  
**MLK Day**  
**No School Today**

**THE TIME IS ALWAYS RIGHT TO DO WHAT IS RIGHT.**

-MARTIN LUTHER KING, JR.

**Thursday, January 23**

BBQ/Swirl Bun

Fresh Fruit  
Peaches  
Coleslaw  
Green Beans

Choice of Cold Milk

**Thursday, January 30**

Beef Vegetable Soup  
Toasted Cheese Sandwich

Fresh Fruit  
Mixed Fruit  
Fresh Carrots

Choice of Cold Milk

**Tuesday, January 21**

Hotdog/Bun

Fresh Fruit  
Pineapple  
Baked Beans  
Sweet Potato Cross  
Trax

Choice of Cold Milk

**Friday, January 24**

Cheese Pizza

Pears  
Fresh Grapes  
Romaine Salad  
with Tomatoes

Choice of Cold Milk

**Friday, January 31**

Pepperoni Pizza

Fresh Fruit  
Applesauce  
Romaine Salad  
with Tomatoes

Choice of Cold Milk

**BREAKFAST MENU:**

Daily entrée choices are sausage biscuit OR Cereal/graham crackers. Other choices include:

Monday—Breakfast Pizza  
Tuesday—Pancake/Sausage Wrap  
Wednesday—Mini Pancakes  
Thursday—Cinnamon Roll  
Friday—Pop Tarts

Fruit or Juice served daily.

Choice of Cold Milk daily.

**Monday, January 27**

**PROFESSIONAL DAY**

**Tuesday, January 28**

**PROFESSIONAL DAY**

**Wednesday, January**

Hamburger/Bun

Mixed Fruit  
Fresh Fruit  
Vegetable Medley  
French Fries

Choice of Cold Milk

**Wednesday, January**

Chicken Nuggets  
Roll

Fresh Fruit  
Sliced Apples  
French Fries  
Baked Beans

Choice of Cold Milk

**DAILY ENTRÉE CHOICES:**

Monday—Small Chef Salad/  
Crackers  
Tuesday—Pizza  
Wednesday—Chicken Salad/  
Crackers  
Thursday—Nachos  
Friday—Small Chef Salad/  
Crackers

