



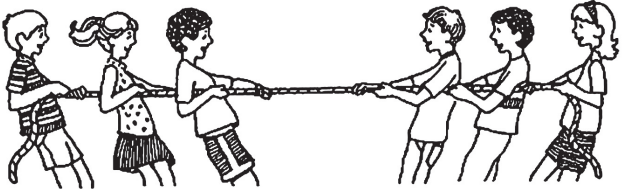




Child Nutrition Programs

Eat Smart, Move More – Stay Healthy

JANUARY 2012 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HAPPY NEW YEAR 2 FEDERAL HOLIDAY 	WELCOME BACK! 3 BREAKFAST: Breakfast Bagel Chilled Peaches Choice of Non-Fat Milk LUNCH: Whole Grain Spaghetti w/Meatballs & Soft Wheat Roll Seasoned Green Beans or Steamed Corn or Hot Cinnamon Apples Choice of Non-Fat Milk	BREAKFAST: 4 Toasted Cheese Sandwich Assorted Chilled Juice Choice of Non-Fat Milk LUNCH: Nachos w/All the Trimmings (Cheese Sauce, Jalapeños, Taco Sauce, Non-Fat Sour Cream) Seasoned California Vegetables or Fresh Orange Wedges or Cajun Pinto Beans Choice of Non-Fat Milk	BREAKFAST: 5 Hot Cinnamon Oatmeal Blueberry Muffin Chilled Peaches Choice of Non-Fat Milk LUNCH: Rotisserie-Style Chicken w/Soft Wheat Roll Creamed Potatoes or Seasoned Black-Eyed Peas or Garden Salad w/Low-Fat Dressing Raspberry Gelatin w/Topping Choice of Non-Fat Milk	BREAKFAST: 6 Sausage Patty on Whole Grain Roll Spicy Applesauce Choice of Non-Fat Milk LUNCH: Pepperoni or Cheese Pizza Steamed Broccoli or Crisp Baby Carrots w/Low-Fat Dip or Chilled Pears Choice of Non-Fat Milk 
BREAKFAST: 9 French Toast Sticks Choice of Cereal Assorted Chilled Juice Choice of Non-Fat Milk LUNCH: Chicken Fillet on Bun w/Choice of Condiments (Lettuce, Tomato, Low-Fat Mayo) Oven Roasted Potato Wedges or Sautéed Fresh Cabbage or Seasoned Baby Field Peas & Snaps Choice of Non-Fat Milk	BREAKFAST: 10 Whole Grain Strawberry Mini Pancakes Fruit Yogurt Assorted Chilled Juice Choice of Non-Fat Milk LUNCH: Chicken Fajita w/All the Trimmings (Cheese, Non-Fat Sour Cream, Jalapeños, Lettuce, Tomato, Sautéed Bell Peppers & Onions) Broccoli au Gratin or Seasoned Baby Lima Beans or Steamed Citrus Glazed Carrots Cherry Shortcake Choice of Non-Fat Milk	BREAKFAST: 11 Breakfast Burrito (Scrambled Eggs & Cheese in Soft Flour Tortilla) Chilled Peaches Choice of Non-Fat Milk LUNCH: Roast Turkey or Baked Ham w/Cranberry Sauce & Seasoned Rice Seasoned Winter Collard Greens or Steamed San Francisco Vegetables or Fresh N.C. Mountain Apple Slices Soft Wheat Roll Strawberry Gelatin w/Topping Choice of Non-Fat Milk	BREAKFAST: 12 Cinnamon Oatmeal Toast w/Jelly Chilled Pears Choice of Non-Fat Milk LUNCH: Italian Meatballs w/Pasta & Golden Baked Breadstick Seasoned Green Beans or <i>NEW!</i> Steamed Carnival Cauliflower or Romaine & Spinach Salad w/Low-Fat Dressing Choice of Non-Fat Milk	BREAKFAST: 13 Fruit Yogurt Toasted Cheese Sandwich Assorted Chilled Juice Choice of Non-Fat Milk LUNCH: Hamburger on Bun w/Choice of Condiments (Lettuce, Tomato, Pickle, Low-Fat Mayo, Mustard, Ketchup) Oven Roasted Sweet Potatoes or Hearty Baked Beans or Sunburst Tangerine Choice of Non-Fat Milk
DR. MARTIN LUTHER KING JR. DAY 16 FEDERAL HOLIDAY 	BREAKFAST: 17 Cinnamon Bagel w/Cream Cheese Choice of Cereal Assorted Chilled Juice Choice of Non-Fat Milk LUNCH: Turkey Frank on Bun w/All the Trimmings (Chili, Onions, Relish, Mustard, Ketchup) Steamed Fresh NC Cabbage or Crisp NC Mountain Apple or Baby Field Peas and Snaps Oatmeal Cookie Choice of Non-Fat Milk	BREAKFAST: 18 Toasted Cheese Sandwich Choice of Juice Choice of Non-Fat Milk LUNCH: Chicken Fried Rice Steamed Broccoli or Fresh Orange Wedges or Crisp Spinach Salad w/Low-Fat Dressing Frosty Juice Bar Choice of Non-Fat Milk 	BREAKFAST: 19 Fruit Yogurt Choice of Cereal Chilled Peaches Choice of Non-Fat Milk LUNCH: Rotisserie-Style Chicken w/Soft Wheat Roll Oven Baked Sweet Potatoes or Seasoned Green Beans or Chilled Pears Choice of Non-Fat Milk	BREAKFAST: 20 French Toast Sticks Sausage Patty Sliced Peaches Choice of Non-Fat Milk LUNCH: Nachos with All the Trimmings (Cheese Sauce, Jalapeños, Non-Fat Sour Cream, Taco Sauce) Seasoned Corn or Hot Cinnamon Apples or Cajun Pinto Beans Choice of Non-Fat Milk
BREAKFAST: 23 Whole Grain Maple Pancakes Fruit Yogurt Assorted Chilled Juice Choice of Non-Fat Milk LUNCH: Chicken Nuggets w/Choice of BBQ or Honey Mustard Sauce & Soft Wheat Roll Creamed Potatoes or Steamed Fresh NC Broccoli or Chilled Pears Cinnamon Teddy Grahams Choice of Non-Fat Milk	BREAKFAST: 24 Whole Grain Apple Spice Muffin Choice of Cereal Mixed Fruit Cup Choice of Non-Fat Milk LUNCH: Hearty Vegetarian Vegetable Soup Toasted Cheese Sandwich Fresh Spinach Salad w/Low-Fat Dressing or Fresh Orange Wedges or Fresh Apple Wedges Choice of Non-Fat Milk	BREAKFAST: 25 School Made Cinnamon Roll Choice of Cereal Assorted Chilled Juice Choice of Non-Fat Milk LUNCH: Soft Tacos w/All the Trimmings (Lettuce, Tomato, Taco Sauce, Non-Fat Sour Cream, Cheese) Seasoned Corn or Spicy Applesauce or Sautéed Fresh Cabbage Choice of Non-Fat Milk	BREAKFAST: 26 Scrambled Eggs w/Cheese Toast w/Jelly Seasoned Grits Assorted Chilled Juice Choice of Non-Fat Milk LUNCH: Turkey Corn Puppies w/Macaroni & Cheese Crisp Garden Salad w/Low-Fat Dressing or Seasoned Black-Eyed Peas or Citrus Glazed Carrots Gelatin w/Topping Choice of Non-Fat Milk	STAFF DEVELOPMENT DAY 27 STUDENT HOLIDAY 
TEACHER WORKDAY 30 STUDENT HOLIDAY 	BREAKFAST: 31 Hot Cinnamon Oatmeal Whole Grain Muffin Sliced Peaches Choice of Non-Fat Milk LUNCH: Pepperoni or Cheese Pizza Cara Cara Pink Navel Orange or Seasoned Mixed Vegetables or Garden Salad w/Low-Fat Dressing Oatmeal Cookie Choice of Non-Fat Milk	Prepayment for school meals is highly encouraged. Charges are only authorized in emergency situations, and should never exceed \$10.00. Visit www.lunchprepay.com to make a payment on your child's account using your credit card. You can even view your child's meal history! 		

FOR BREAKFAST: In addition to central menu, fruit yogurt or assorted cereal, toast, juice and non-fat milk available daily.

FOR LUNCH: A toasted cheese sandwich with chilled fruit yogurt will be available daily as an additional entrée choice.

