

WELCOME TO THE NEW YEAR
 MENUS FOR
 JANUARY 2012
 Stark County Educational Service Center

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Chionophobia

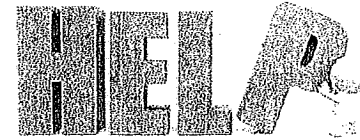
Word Play



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

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!

Snap out of it!
 Yes, vacation is over, but we're happy to see
Welcome Back!

Tuesday, January 3

Lunch

Walking taco / lettuce & cheese
 Or
 *WG pretzel & yogurt cup

Wednesday, January 4

Lunch

*Pepperoni or cheese pizza slice
 Or
 *Turkey & cheese sub

Thursday, January 5

Lunch

Turkey gravy & biscuit
 Or
 *Chicken patty on bun

Friday, January 6

Lunch

Egg & cheese breakfast sandwich
 Or
 Corn dog on a stick

Did You Know?

Student meals \$2.50
 Reduced price \$.40
 Extra milk \$.45
 Adult price \$3.00

Monday, January 9

Lunch

French toast / sausage
 Or
 *Chicken nuggets & sauce

Tuesday, January 10

Lunch

Mini corn dog nuggets
 Or
 *Hamburger on bun

Wednesday, January 11

Lunch

*Pepperoni or cheese pizza slice
 Or
 *Ham & cheese sub

Thursday, January 12

Lunch

Cheesy breadsticks & sauce
 Or
 *Hot dog on bun

Friday, January 13

NO SCHOOL!

Monday, January 16



School will be closed today
in honor of the birthday of
Martin Luther King, Jr.

Tuesday, January 17

Lunch

*Mini pancakes/
sausage link
Or
Corn dog on a
stick

Wednesday, January 18

Lunch

*Pepperoni or
cheese pizza slice
Or
*Turkey & cheese
sub

Thursday, January 19

Lunch

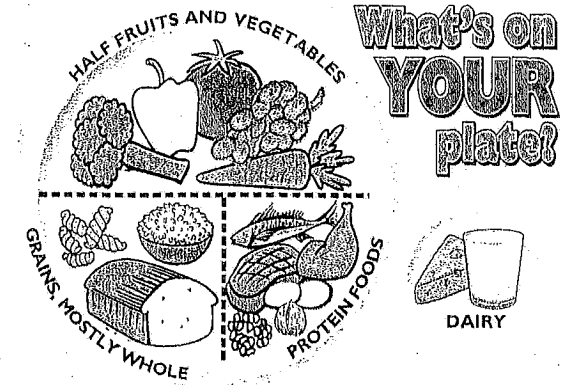
*Chicken patty on
bun
Or
*Hot ham &
cheese

Friday, January 20

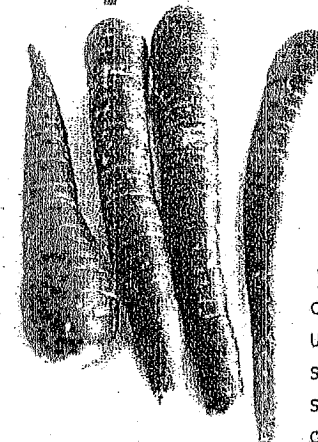
Lunch

Mac & cheese
Or
Chicken strips &
sauce

And



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

Monday, January 23

Lunch

Cheesy quesadillas
Or
Corn dog on a
stick

Tuesday, January 24

Lunch

*Hot dog on a bun
Or
Pasta & meat
sauce /garlic
bread

Wednesday, January 25

Lunch

*Pepperoni or
cheese pizza slice
Or
*Ham & cheese
sub

Thursday, January 26

Lunch

*Sloppy joe
sandwich
Or
Beefy nachos &
cheese

Friday, January 27

Lunch

Mini corn dog
nuggets
Or
*Toasted cheese
sandwich

Monday, January 30

Lunch

Egg & cheese
omelet/sausage
Or
Sweet & sour
chicken rice bowl

Tuesday, January 31

Lunch

Chicken nuggets/
mini muffin
Or
*Hot dog on a bun

I am the letter



milk

Available Daily
 Chef salads are available daily as a main choice. 1% white and non-fat chocolate are offered daily and is included in the price of all complete meals. All apples are purchased locally by Arrowhead Orchards

NUTRITION TO GO
 Experts recommend that we eat at least 20-30 grams of fiber a day -- but most Americans consume less than half that much. Good sources are grains, fruits, vegetables, and beans. Check the label on your favorite breakfast cereal -- some provide 5 or more grams of fiber per bowl, while others provide none.

A TASTY MORSEL FOR PARENTS