

WELCOME TO THE NEW YEAR!

MENUS FOR JANUARY 2012

Marion County Elementary Schools

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PARENTS: For your convenience and peace of mind, you can pay for meals online at mymarionfsdir.marion.k12.fl.us/Parent or call 352-671-4194 for more info.



Snap out of it!

Yes, vacation is over, but we're happy to see you – and it won't be too long until Spring Break!

Welcome Back!

Tuesday, January 3

Daily Breakfast Special
Mini Pancakes

LUNCH

Entree – Please Select One
Chicken Nuggets w/Dinner Roll
Grilled Cheese Sandwich

Sides – Please Select Two
Broccoli
Diced Pears
Tater Tots

Available Daily

Breakfast: Choice of Daily Special (listed on each day's menu) or assorted reduced-sugar cereal, **PLUS** low-fat cheese snacks, fresh or canned fruit, assorted 100% fruit juices, and low-fat or skim milk.

Lunch: Choice of two entrees (listed on each day's menu) **PLUS** choice of 2 side items, an "extra" when offered **AND** low-fat or skim milk. We also offer PB&J Uncrustables as a daily lunch choice at all locations.

Wednesday, January 4

Daily Breakfast Special
Breakfast Tac-Go

LUNCH

Entree – Please Select One
Lasagna Roll-ups
Garlic Breadstick
Rib BBQ Sandwich

Sides – Please Select Two
Seasoned Green Beans
Tossed Salad
Fresh Grapes

Thursday, January 5

Daily Breakfast Special
Cinnamon Toast Sticks

LUNCH

Entree – Please Select One
Country Fried Steak
Southern Style Biscuit
Deli Wrap

Sides – Please Select Two
Au gratin Potatoes
Seasoned Peas
Fresh Assorted Fruit

Friday, January 6

Daily Breakfast Special
Bagel w/Cream Cheese

LUNCH

Entree – Please Select One
Pizza Wedge
Crispy Chicken Sandwich

Sides – Please Select Two
Buttered Corn
Green Lantern Applesauce
Fresh Assorted Fruit

Monday, January 9

Daily Breakfast Special
Breakfast Pizza

LUNCH

Entree – Please Select One
Cheeseburger w/Pickles
Yogurt Cheese & Fruit Meal

Sides – Please Select Two
Seasoned Green Beans
Potato Stars
Fresh Assorted Fruit

Tuesday, January 10

Daily Breakfast Special
Snack N Waffles

LUNCH

Entree – Please Select One
Chicken & Rice
Dinner Roll
Turkey & Cheese on a Bun

Sides – Please Select Two
Broccoli w/Cheese
100% Juice
Fresh Assorted Fruit

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!

Wednesday, January 11

Daily Breakfast Special
Sausage Biscuit

LUNCH

Entree – Please Select One
Manager's Choice
The Extreme Burrito

Sides – Please Select Two
Tossed Salad w/Dressing
Rosy Applesauce
Fresh Assorted Fruit

Thursday, January 12

Daily Breakfast Special
Sunrise Burrito

LUNCH

Entree – Please Select One
Spaghetti
Garlic Bread Stick
Chef Salad

Sides – Please Select Two
California Mix
Diced Pears
Fresh Assorted Fruit

Friday, January 13

Daily Breakfast Special
Pancake on a Stick

LUNCH

Entree – Please Select One
Pizza Dippers
Marinara Sauce
Deli Sub

Sides – Please Select Two
Mixed Vegetables
Mixed Fruit
Fresh Assorted Fruit
Extra
Lettuce/Tomato/Pickle
Assorted Cups

Eat up.



When kids "eat up," their grades go up, too. Research strongly suggests that kids who regularly eat balanced, nutritious meals pay better attention in class, participate more, and even score better on tests. We try to do our part by providing healthy meals at

school, so we hope you will encourage your kids to join us often!

Breakfast

Complimentary for all students

Lunch

\$1.60 Elementary Student Lunch
\$2.75 Adult Lunch

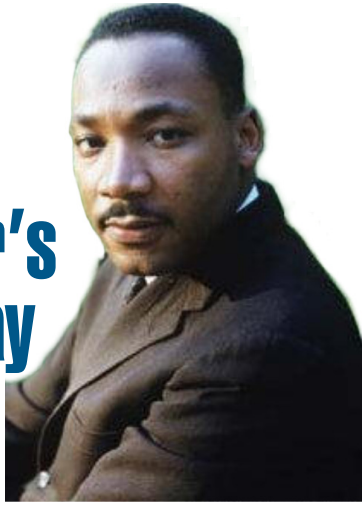
Get in touch with us today to learn more about free and reduced-price meals in our district: Call 352-671-4196 or apply on-line at www.marion.k12.fl.us/dept/bsd

Nutrition Information:

In Marion County, we're serious about good nutrition – our full-time Registered Dietitian plans all of our menus! An asterisk (*) on the menu indicates a Turkey item. All cheese products and milk choices are reduced-fat or fat-free.

January 16

Martin Luther King Jr's Birthday



No School

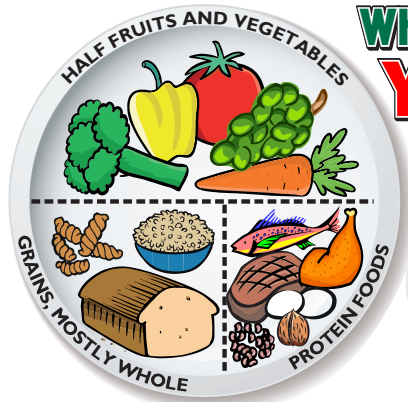
Also, no school
January 17 & 18

Thursday, January 19

Daily Breakfast Special
Cinnamon Toast Sticks

The Lunch Items for today will be chosen from among your favorites by our nutrition staff. Selections may vary by school.

ENJOY!



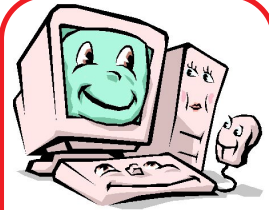
What's on YOUR plate?

Friday, January 20

Daily Breakfast Special
Bagel w/Cream Cheese

LUNCH
Entree – Please Select One
Cheesy Garlic Flatbread Pizza
Crispy Chicken Sandwich

Sides –Please Select Two
Mixed Vegetables
Peaches



PARENTS:

For your convenience and peace of mind, you can pay for meals online at mymarionfsdir.marion.k12.fl.us/Parent or call 352-671-4194 for more information.

Monday, January 23

Daily Breakfast Special
Breakfast Pizza

LUNCH
Entree – Please Select One
Teriyaki Chicken
Rice
Cheese Quesadilla

Sides –Please Select Two
Steamed Broccoli
Mandarin Oranges
Fresh Assorted Fruit

Tuesday, January 24

Daily Breakfast Special
Snack N Waffles

LUNCH
Entree – Please Select One
Fish Sandwich
Grilled Chicken Salad

Sides –Please Select Two
Baked Fries
Rosy Applesauce
Fresh Fruit

Wednesday, January 25

Daily Breakfast Special
Sausage Biscuit

LUNCH
Entree – Please Select One
Mac N Cheese w/Ham
Southern Style Biscuit
Manager's Choice

Sides –Please Select Two
Seasoned Green Beans
Diced Peaches
Fresh Assorted Fruit

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

Thursday, January 26

Daily Breakfast Special
Sunrise Burrito

LUNCH
Entree – Please Select One
Popcorn Chicken
Dinner Roll
Meatball Sub

Sides –Please Select Two
Buttered Corn
Diced Pears
Fresh Assorted Fruit

Friday, January 27

Daily Breakfast Special
Pancake on a Stick

LUNCH
Entree – Please Select One
Grilled Cheese Sandwich
Hot Dog

Sides –Please Select Two
Chili
Mixed Fruit
Fresh Assorted Fruit
Extra
Cheese Cup



The Chinese New Year begins with the new moon on January 23. 2012 is the year of the Dragon.

Monday, January 30

Daily Breakfast Special
Cheese Omelet & Biscuit

LUNCH
Entree – Please Select One
Teriyaki Beef Dippers
Steamed Rice
Yogurt Cheese & Fruit Meal

Sides –Please Select Two
Green Beans
Diced Peaches
Fresh Assorted Fruit

Tuesday, January 31

Daily Breakfast Special
Mini Pancakes

LUNCH
Entree – Please Select One
Mashed Potato Bowl
Dinner Roll
Burrito

Sides –Please Select Two
Mixed Vegetables
100% Juice
Fresh Assorted Fruit

