

Monday	Tuesday	Wednesday	Thursday	Friday
January 2 NO SCHOOL	January 3 NO SCHOOL	January 4 BBQ Shredded Chicken Hoagie* with Melted Cheese Kettle-Baked Beans Pineapple	January 5 Build-Your-Own Crunchy Beef Tacos* with Salsa Baby Carrots Banana	January 6 Cheesy Personal Pan Pizza* California Blend Veggies Fresh Apple
January 9 Chicken Parmigiana Hoagie* California Blend Veggies Fresh Apple	January 10 Beef Sloppy Joe on a Bun* Baby Carrots Fresh Pear	January 11 Beef Burrito Bowl* with Black Beans, Corn & Salsa Pineapple	January 12 BBQ Turkey Burger on Bun* Scalloped Potatoes Celery Sticks with Ranch Dressing Applesauce	January 13 Handcrafted Mac & Cheese* Salad Pears Honey Wheat Dinner Roll*
January 16 Martin Luther King Day NO SCHOOL	January 17 BBQ Chicken Sandwich on a Bun*^A Corn Mixed Fruit	January 18 Jamaican Jerk Chicken Rice & Peas (a.k.a. Rice & Beans) Roasted Sweet Potatoes Collard Greens / Pineapple Cookie*	January 19 Pasta with Meat Sauce & Marinara Broccoli Applesauce String Cheese	January 20 Pepperoni French Bread Pizza* Baby Carrots Pears
January 23 All-American Cheeseburger* Kettle-Baked Beans Peaches	January 24 Chicken Nuggets with BBQ Dipping Sauce & Twisted Garlic Breadstick* Baby Carrots Fresh Banana	January 25 Chicken Brown Rice* Green Beans Fresh Apple Honey Wheat Dinner Roll* Cookie*	January 26 Turkey Ham & Cheese Melt* Oven-Baked Spiral-Cut French Fries Applesauce	January 27 Lasagna Roll-Up* Salad Pears Garlic Bread*
January 30 Bosco Stick* with Marinara Dipping Sauce Green Beans Fresh Orange	January 31 Beef & Cheese Nachos Black Beans Mixed Fruit	Color My Plate: Blue/Purple This month, we focus on the blue/purple produce group. Purple and blue produce provides health-enhancing antioxidants, phytochemicals, and flavonoids to your diet. Most people get very little of their fruit and veggie intake from this group. Eat blueberries, plums, and purple cabbage to boost consumption. Expand your horizons by trying fruits and vegetables such as purple asparagus, purple potatoes, and elderberries.		

BREAKFAST SERVED DAILY

Monday- Cereal, Milk, Yogurt, Fruit, Juice, Yogurt
Tuesday- Mini French Toast, Cereal, Milk, Yogurt, Juice, Fruit
Wednesday- Muffins, Cereal, Milk, Yogurt, Fruit, Juice,
Thursday- Turkey Pancake Nuggets, Cereal, Milk, Juice, Fruit, Yogurt
Friday- Parfait (Strawberry)with Nutri-Grain Bar, Cereal, Milk, Yogurt, Fruit, Juice

Milk served with lunch contains no artificial growth hormones or antibiotics

Menu is subject to change based on availability and quality of food items

Around the World in a Lunch Period – Jamaica

Brrr! It's cold outside. Join the **Culinary Explorations** team as we head for the sun – in Jamaica! Jamaica is located approximately 90 miles south of Cuba. Once a Spanish possession called Santiago, Jamaica came under the rule of England in the 17th century. It achieved full independence on August 6, 1962, becoming a Commonwealth realm with Elizabeth II serving as the Queen and head of state. Jamaica is a parliamentary democracy and its form of government is known as a constitutional monarchy. On January 18, you will sample the flavor of this Caribbean island. Jerk chicken and collard greens are on the menu. Did you know . . .

- Jamaica is known as an Anglophone country because English is the official language?
- The cuisine is described as “fusion food” because it includes African, Indian, Spanish, Chinese, and British influences?
- “Jerk” refers to a style of cooking?
- Collard greens resemble the leafy vegetables commonly used in the popular dish callaloo, an island staple?

Here's to good eating! Enjoy!