

LUNCH JANUARY 2012

Warren County Elementary Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Teacher Professional Development Day (No School for Students)</p>	<p>Hamburger or Hot Dog Baked French Fries Baked Beans Sandwich Trimmings Apple Slices // Canned Peaches Hamburger Bun Hot Dog Bun</p>	<p>Chicken Rings Pork Chops Mashed Potatoes Green Beans//Cooked Carrots Fruit Juice Frozen Strawberries // Roll</p>	<p>Spaghetti Ham Sandwich Mixed Greens w/carrots & tomatoes Corn // Pinto Beans Banana // Frozen Fruit Bar Breadstick // Sand. Bread // Milk</p>	<p>Grilled Cheese Sand. Barbecue Sandwich Potato Smiles // Carrot Sticks Vegetable Soup Fresh Fruit // Mandarin Oranges Crackers // HB Bun Sandwich Bread // Milk Choice</p>
<p>Pizza Sub Sandwich (Turkey or Ham) Baked Potato // Lima Beans Mixed Greens w/carrots & tomatoes Fresh Apple Slices / Canned Peaches Sub Bun / Milk Choice</p>	<p>Peanut Butter & Jelly Sand. Spicy Chicken Patty Green Beans // Corn Fresh Veggie Cup Sherbet // Canned Pears Roll // Milk choice</p>	<p>Chicken Casserole Hamburger or Cheeseburger Broccoli & Carrots Mashed Potatoes // Baked Beans Sandwich Trimmings Applesauce // Fresh Orange Slices Roll // Milk choice</p>	<p>Baked Chicken Tenders Ham & Cheese Wrap or Sand. Tator Tots / Green Peas Baked Sweet Potato Sandwich Trimmings Banana // Mandarin Oranges Roll // Milk Choice</p>	<p>Chili or Corn Dog Potato Smiles Veggie Cup w/dip Fresh Apple Slices // Pineapple Crackers // Cheese Sandwich Half Milk Choice</p>
<p>Martin Luther King Day No School</p>	<p>Ravioli BBQ Sandwich Baked French Fries Carrot Sticks // White Beans Fresh Apple Slices Frozen Strawberries Roll // WW HB Bun</p>	<p>Taco or Fish Pinto Beans Creamy Coleslaw Macaroni & Cheese Turnip Greens Applesauce // Canned Peaches Cornbread // Taco Chips</p>	<p>Hot Dog w/Chili Cheese DUNKERS w/Marinara Fresh Veggie Cup Baked Potato // Corn Fresh Orange Slices // Fruit Cocktail Hot Dog Bun</p>	<p>Grilled Cheese Sand. Chicken Nuggets Potato Smiles // Carrot Sticks Vegetable Soup Fresh Fruit // Mandarin Oranges Crackers // HB Bun Sandwich Bread // Milk Choice</p>
<p>Pizza or Cheese Quesadilla Chicken Fajita Green Beans Potato Smiles // Carrot Sticks Sherbet Cup // Canned Peaches Tortilla Shell</p>	<p>Corn Dog Nuggets Burrito Mixed Greens w/carrots & Tomatoes // White Beans Sweet Potato Chunks Corn-on-Cob // Apple Slices Mandarin Oranges // Milk</p>	<p>Taco Honey Must. Gr. Chicken Sand. Potato Wedge // Tossed Salad Pinto or Black Beans HB Bun // Taco Chips Fresh Fruit Choice Milk Choice</p>	<p>Parmesan Chicken Hamburger or Cheeseburger Baked French Fries Baked Beans // Sandwich Trimmings Banana // Pineapple Tidbits HB Bun // Roll // Spaghetti Milk Choice</p>	<p>Chili or Corn Dog Potato Smiles Veggie Cup w/dip Fresh Orange Slices // Canned Pears Crackers // Cheese Sandwich Half Milk Choice</p>
<p>Pizza Orange Chicken Stir-Fry Baked Potato Black-eye Peas Mixed Green Salad Fresh Fruit Choice / Pineapple Roll // Rice</p>	<p>Hamburger or Hot Dog Baked French Fries Baked Beans Sandwich Trimmings Apple Slices // Canned Peaches Hamburger Bun // Hot Dog Bun Milk Choice</p>	<p>Free Fridays!! For Warren County Schools, there is such thing as a free lunch!! The School Nutrition Program is offering a free lunch to all elementary <i>students</i> on Fridays for the remainder of this school year. Also, the reduced price for breakfast has been eliminated (reduced eligibilities eat breakfast FREE daily for the remainder of this year). For more information, call 931-815-2832.</p>		

NUTRITION TIP: Stay Active

- ✪ Try a pedometer to count your steps.
- ✪ Bundle up and take a nature walk.
- ✪ Walking in the snow uses more muscles and burns more calories.
- ✪ Skip and laugh. Happiness is healthy!



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