

Happy New Year!



Fairfield City Schools 9-12

This institution is an equal opportunity provider and employer.

Make a Resolution To Save

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

Fairfield City Schools Child Nutrition



Pro Football playoffs start Saturday, Jan. 13. What team will wear the crown on Super Bowl Sunday?

Available Daily

Grades 9-12

**Variety of Fresh & Canned Fruit, Variety of Milk
Fresh Garden Salad, and Asst. Whole Grains (WG)
at Lunch**

Many Moons

Native Americans had special names for every full moon of the year. One name for the January full moon is the "Moon when the Sun has not strength to thaw."

Monday, January 8

Breakfast

Mini Pancakes (WG)
Fruit cup, Fruit Juice
Milk

Lunch

Chicken Nuggets
Dinner Roll (WG)
Green Beans
Baked French Fries
Fruit Variety
Milk Choices

Tuesday, January 9

Breakfast

Breakfast Pizza (WG)
Fruit cup, Fruit Juice
Milk

Lunch

Corndog (WG)
Mac & Cheese
Baked Beans
Garden Salad
Fresh Fruit
Milk Choices

Wednesday, January 10

Breakfast

Ham & Cheese Biscuit (WG)
Fresh Fruit, Fruit Juice
Milk

Lunch

Beef Steak Nuggets
English Peas
Sweet Potato Fries
Dinner Roll (WG)
Fruit Variety
Milk Choices

Thursday, January 11

Breakfast

Oatmeal w/Berries (WG)
Sausage Link
Fruit cup
Fruit Juice
Milk

Lunch

Baked Chicken
Cornbread
Fresh Collard Greens
Sweet Potato Yams
Fresh Fruit
Milk Choices

Friday, January 12

Breakfast

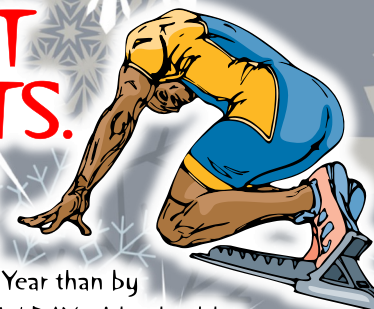
Cereal w/ Toast (WG)
Fresh Fruit
Fruit Juice
Milk

Lunch

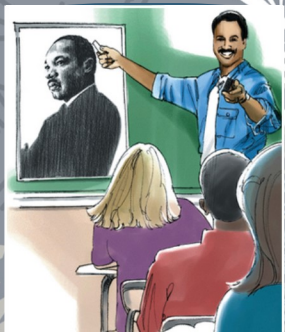
Pepperoni Pizza (WG)
Mixed Vegetables
Garden Salad
Fruit Variety
Milk Choices

GREAT STARTS.

A fast start is so important. And what better way to start the New Year than by starting each NEW DAY with a healthy, complete breakfast? You'll have more energy, be more alert, and feel full through the morning!



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**



*School will be closed
Monday, January 15
in recognition of
Martin Luther King, Jr.'s
birthday.*

Tuesday, January 16

Breakfast

French Toast (WG)
Fruit cup
Fruit Juice
Milk

Lunch

Crispy Chicken Sand. (WG)
Let.Tom,Pickle
Corn on the cob
Baked Beans
Fresh Fruit
Milk Choices

Wednesday, January 17

Breakfast

Chicken Biscuit (WG)
Fresh Fruit
Fruit Juice
Milk

Lunch

Waffle Sticks (WG)
Scrambled Eggs
Sausage Links
Carrot Sticks
Tator Tots, Salsa
Fruit Variety
Milk Choices

Thursday, January 18

Breakfast

Grits w/Toast (WG)
Sausage Link
Fruit cup, Fruit Juice
Milk

Lunch

Spaghetti w/Meat Sauce
(WG), Dinner Roll (WG)
Green Beans
Garden Salad
Fruit Variety
Milk Choices

Friday, January 19

Breakfast

Cereal w/ Toast (WG)
Fresh Fruit
Fruit Juice
Milk

Lunch

Turkey & Cheese
Sandwich (WG)
Let.Tom,Pickle
Carrot Sticks
Garden Salad
Milk Choices



**Which of these prehistoric
life forms is NOT extinct?**



Monday, January 22

Breakfast

Mini Pancakes (WG)
Fruit cup
Fruit Juice
Milk

Lunch

Filet Sandwich
w/ Cheese (WG)
Coleslaw
French Fries
Fresh Fruit
Milk Choices

Tuesday, January 23

Breakfast

Muffin (WG)& Yogurt
Fruit cup Fruit Juice
Milk

Lunch

Taco Tuesday (2)(WG)
Pinto Beans
Mexicali Corn
Mexican Rice
Fruit Variety
Milk Choices

Wednesday, January 24

Breakfast

Steak Biscuit (WG)
Fresh Fruit
Fruit Juice
Milk

Lunch

Chicken Alfredo (WG)
Breadstick
Garden Salad
Broccoli
Fruit Variety
Milk Choices

Thursday, January 25

Breakfast

Breakfast Pizza (WG)
Fruit cup, Fruit Juice
Milk

Lunch

Salisbury Steak
Steamed Rice (WG)
Dinner Roll (WG)
Sweet Potato Yams
English Peas
Fresh Fruit
Milk Choices

Friday, January 26

Breakfast

Cereal w/ Toast (WG)
Fresh Fruit
Fruit Juice
Milk

Lunch

Pepperoni Pizza (WG)
Baked French Fries
Garden Salad
Fruit Variety
Milk Choices

Monday, January 29

Breakfast

Mini Cinnis (WG)
Fruit cup
Fruit Juice
Milk

Lunch

Cheeseburger Deluxe (WG)
Let.Tom,Pickle
Potato Wedges
Garden Salad
Fresh Fruit
Milk Choices

Tuesday, January 30

Breakfast

Breakfast Yogurt Parfait
W/Graham Crackers (WG)
Fruit cup
Milk

Lunch

Sweet & Sour Chicken
Rice (WG)
Roasted Vegetable Mix
Garden Salad
Fruit Variety
Milk Choices

Wednesday, January 31

Breakfast

Sausage Biscuit (WG)
Fresh Fruit
Fruit Juice
Milk

Lunch

Hotdog (WG)
Baked Beans
Garden Salad
Fruit Variety
Milk Choices

The home stretch!



**Just a few more
months to go in
the school year!
YOU CAN DO IT!
And we want to
help! While you
concentrate on
the finish line,
we'll keep you
fueled up with
tasty, nutritious
food!**

STEGOMASTODON -- a six-ton elephant-like behemoth.
MEGATHERIUM -- a four-ton giant ground sloth. And the
AVOCADO?! The first two are extinct -- and the third probably
should be. The avocado plant developed its large seed (it was
even larger back then) because very big animals would eat the
fruit whole in one gulp, seed and all, and help the plant spread
to new areas. When most of the big mammals died off 10,000
or more years ago, the avocado should have disappeared with
them -- birds and tiny mammals can't begin to swallow and
disperse a seed that big! But somehow the wild avocado
survived thousands of years until humans learned to cultivate
the delicious fruit. And the avocado's future survival was
guaranteed when man discovered the Super Bowl and started
cranking out lots of guacamole every winter!!

**Learn more at www.CHOOSEMYPLATE.gov or
http://kidshealth.org/kid/stay_healthy/food/pyramid.html**