

Happy New Year!



ELEMENTARY MENU

This institution is an equal opportunity provider and employer.

Make a Resolution To Save

Join us every day for convenient, economical, healthy meals!

Breakfast

FREE

Lunch

\$2.50

Get in touch with us today to learn more about free and reduced-price meals in our district:
814.355.5721 douglas.dyke@beasd.net

Pro Football playoffs start Saturday, January 13.

What team will wear the crown on Super Bowl Sunday?



Wednesday, January 3

Breakfast

Fruit Muffin & String Cheese

Lunch

1. Pizza Crunchers
2. SunButter & Jelly Sandwich & String Cheese
3. Chef's Salad w/ Roll

Peas & Carrots
Veggie & Fruit Juice
Fruit Choice

Thursday, January 4

Breakfast

Oatmeal Benefit Bar

Lunch

1. Hot Ham & Cheese on Pretzel Roll
2. SunButter & Jelly Sandwich & String Cheese
3. Chef's Salad w/ Roll

Homestyle Chicken Noodle Soup & Crackers
Carrot Coins
Fruit Choice

Friday, January 5

Breakfast

Cinni-Mini

Lunch

1. Cheese Pizza
2. SunButter & Jelly Sandwich & String Cheese
3. Chef's Salad w/ Roll

Steamy Broccoli
Fresh Veggie Choice
Fruit Choice

Monday, January 8

Breakfast

Fruit Muffin & String Cheese

Lunch

1. Homestyle Breaded Chicken Sandwich
2. Pizza Munchable
3. Chef's Salad w/ Roll

Oven Fries
Fresh Veggie Choice
Fruit Choice

Tuesday, January 9

Breakfast

Yogurt & Cinnamon Grahams

Lunch

1. Hamburger on Bun
2. Pizza Munchable
3. Chef's Salad w/ Roll

Baked Beans
Fresh Veggie Choice
Fruit Choice

Wednesday, January 10

Breakfast

Cook's Choice Breakfast

Lunch

1. BBQ Rib Sandwich
2. Pizza Munchable
3. Chef's Salad w/ Roll

Potato Wedges
Fresh Veggie Choice
Fruit Choice

Thursday, January 11

Breakfast

Breakfast Bread

Lunch

1. Turkey & Cheese Sandwich
2. Piza Munchable
3. Chef's Salad w/ Roll

Potato & Cheese Pierogies
Fresh Veggie Choice
Fruit Choice

Friday, January 12

Breakfast

Cinni-Mini

Lunch

1. Stuffed Crust Pizza
2. Pizza Munchable
3. Chef's Salad w/ Roll

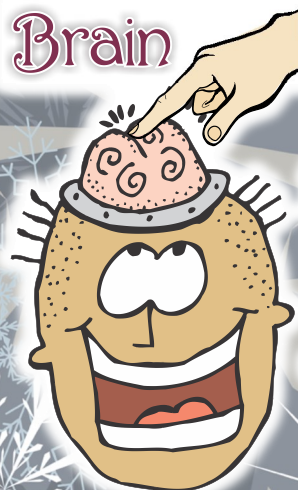
Mixed Vegetables
Fresh Veggie Choice
Fruit Choice

Brain

Ticklers

What has four wheels and flies?

(Hold the page upside down and read it in a mirror for the answer!)



A trash truck!

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!

Monday, January 15

Martin Luther King, Jr.

1929
1968



No School

Tuesday, January 16

Breakfast

Fruit Muffin & String Cheese

Lunch

1. Cheesy Stuffed Breadsticks & Marinara Dipping Sauce
2. Warm Cheese Pretzel Sandwich
3. Chef's Salad w/ Roll

Tasty Green Beans
Veggie & Fruit Juice
Fruit Choice



Which of these prehistoric life forms is NOT extinct?



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

Wednesday, January 17

Breakfast

Yogurt & Nutri Grain Bar

Lunch

1. Beef & Cheese Walking Taco
2. Warm Cheese Pretzel Sandwich
3. Chef's Salad w/ Roll

Golden Corn Niblets
Fresh Veggie Choice
Fruit Choice
Lettuce & Tomato/Salsa

Thursday, January 18

Breakfast

Oatmeal Benefit Bar

Lunch

1. Chicken Tenders & Roll
2. Warm Cheese Pretzel Sandwich
3. Chef's Salad w/ Roll

Macaroni & Cheese
California Blend Vegetables
Fresh Veggie Choice
Fruit Choice

Friday, January 19

Breakfast

Cinni-Minni

Lunch

1. Deli Meat & Cheese Sandwich
2. Warm Cheese Pretzel Sandwich
3. Chef's Salad w/ Roll

Baby Carrots
Veggie & Fruit Juice
Apple/Chips

Monday, January 22



No School Today

Tuesday, January 23

Breakfast

Fruit Muffin & String Cheese

Lunch

1. Chicken Ranch Wrap
2. Pizza Munchable
3. Chef's Salad w/ Roll

Potato Smiles
Sweet Green Peas (thawed not cooked)
Fruit Choice

Wednesday, January 24

Breakfast

Bagel & Cream Cheese

Lunch

1. Cheesesteak Mini Sub
2. Pizza Munchable
3. Chef's Salad w/ Roll

Buttered Noodles
Carrot Coins
Fresh Veggie Choice
Fruit Choice

Thursday, January 25

Breakfast

Breakfast Bread

Lunch

1. Grilled Cheese Sandwich
2. Pizza Munchable
3. Chef's Salad w/ Roll

Tomato Soup & Goldfish Crackers
Fresh Veggie Choice
Fruit Choice

Friday, January 26

Breakfast

Cinni-Minni

Lunch

1. Cheese Pizza
2. Pizza Munchable
3. Chef's Salad w/ Roll

Steamy Broccoli
Fresh Veggie Choice
Fruit Choice

Monday, January 29

Breakfast

Fruit Muffin & String Cheese

Lunch

1. Homestyle Breaded Chicken Sandwich
2. SunButter & Jelly Sandwich & String Cheese
3. Chef's Salad w/ Roll

Oven Fries
Fresh Veggie Choice
Fruit Choice

Tuesday, January 30

Breakfast

Yogurt & Cinnamon Grahams

Lunch

1. Cheeseburger on Bun
2. SunButter & Jelly Sandwich & String Cheese
3. Chef's Salad w/ Roll

Baked Beans
Fresh Veggie Choice
Fruit Choice

Wednesday, January 31

Breakfast

Fruit Strudel

Lunch

1. Chicken & Cheese Nachos
2. SunButter & Jelly Sandwich & String Cheese
3. Chef's Salad w/ Roll

Golden Corn Niblets
Fresh Veggie Choice
Fruit Choice

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!