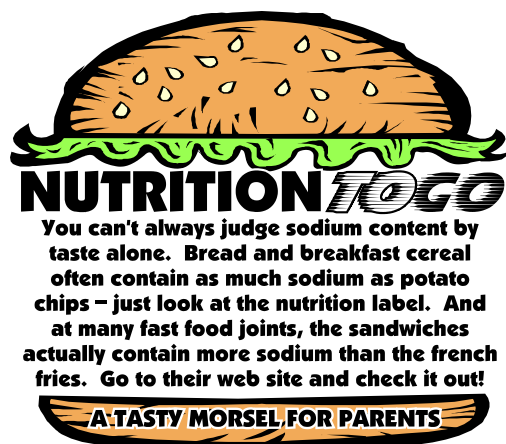




*This institution is an equal opportunity provider and employer.*



### MENU FACTS:

Choice of milk is served with all complete meals:  
Skim, 1%, white & flavored milk

100% Fruit Juice is served with every Breakfast.  
Cereal is available every day.

"Offer vs. Serve" - Students may decline one item for breakfast and one or two items for lunch if they choose. Prices remain the same whether the full meal is chosen or an item is declined.

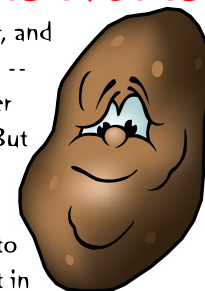
Please check with your cafeteria manager or the School Nutrition Office if your child has any dietary concerns.

Menus are subject to change without notice.



## PLEASE TAKE ME HOME!

Potatoes deliver vitamin C, fiber, and plenty of vitamins and minerals -- and all for only 110 calories (per medium potato) and zero fat. But we mostly eat deep-fried fast food french fries, which just deliver lots of fat calories. Try to eat more potatoes that start out in your kitchen, looking like actual potatoes!



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

**Monday, January 17**



*School will be closed today  
in honor of the birthday of  
Martin Luther King, Jr.*

**Tuesday, January 18**

**Breakfast**  
Cereal; Grahams

**Lunch**  
***Choice of One***  
Honey BBQ Rib / Bun  
Cheeseburger / Bun  
***Sides***  
Crispy Potato Tots  
Seasoned Green Beans  
Fresh or Canned Fruit

**Wednesday, January 19**

**Breakfast**  
Sausage Biscuit

**Lunch**  
***Choice of One***  
Assorted Wedge Pizza  
w/whole grain crust  
PBJ Uncrustable  
***Sides***  
Garden Salad w/ dressing  
Hot Vegetable of Choice  
Fresh Orange Wedges  
Crackers

**Thursday, January 20**

**Breakfast**  
Muffin; Fresh Banana

**Lunch**  
***Choice of One***  
Beef Taco / soft shell  
w/ shr. Cheese & lettuce  
***Sides***  
Golden Corn  
Fresh Petite Baby Carrots  
w/ dip  
Fresh Fruit Cup

**Friday, January 21**

**Choice of One**  
Cereal; Grahams

**Lunch**  
***Choice of One***  
Juicy Turkey Burger / Bun  
With Bacon & Cheese  
Fish Fillet w/cheese/ Bun  
***Sides***  
Steamed Broccoli w/ cheese  
Fresh or Canned Fruit  
Belly Bear Grahams

**Monday, January 24**

**Breakfast**  
Breakfast Pizza; Fruit

**Lunch**  
***Choice of One***  
Hot Dog / Bun  
w/wo Chili  
Meatballs w/cheese / Bun  
***Sides***  
Baked Beans  
Crispy Cole Slaw  
Fresh or Canned Fruit  
And Choc. Chip Cookie

**Tuesday, January 25**

**Breakfast**  
Cereal; Grahams

**Lunch**  
***Choice of One***  
Oven Fried Chicken  
Sliced Ham  
***Sides***  
Baked Sweet Potato Half  
California Blend Veggies  
Fresh or Canned Fruit  
Fresh Baked Wheat Roll(s)

**Wednesday, January 26**

**Breakfast**  
Egg & Cheese Biscuit

**Lunch**  
***Choice of One***  
Assorted Wedge Pizza  
w/whole grain crust  
Manager's Choice Entree  
***Sides***  
Garden Salad w/ dressing  
Hot Vegetable of Choice  
Fresh Orange Wedges  
Crackers

**Thursday, January 27**

**Breakfast**  
Yogurt; Belly Bears

**TOOT! FRUITI-VEGGIE  
WEGGIE DAY!**

**Lunch**  
***Choice of One***  
Spaghetti w/ Meat Sauce  
Turkey & Cheese / Bun  
***Sides***  
Honey Glazed Baby Carrots  
Fresh Grapes; Garlic Toast(s)  
(choose fresh Carrots & Grapes and get a tray surprise!)

**Friday, January 28**

**Choice of One**  
Cereal; Grahams

**Lunch**  
***Choice of One***  
Crispy Corn Dog  
Cold Cuts w/ cheese / Bun  
***Sides***  
Oven Baked French Fries  
Steamed Broccoli w/ cheese  
Frozen Fruit Sherbet

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, age, sex or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800)795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.



**Monday, January 31**

**Breakfast**  
Breakfast Pizza; Fruit Cup

**Lunch**  
***Choice of One***  
Crispy Chicken Fillet/ Bun  
Cheeseburger / Bun  
***Sides***  
Baked Potato Half  
Fresh or Canned Fruit  
Chocolate Chip Cookie



EXPLORING THE SECRETS OF "MY PYRAMID"

**Q:** Can you name

**POPEYE**



the "super food" that gave Popeye his strength and was the first vegetable sold frozen?

**A:** It's SPINACH, of course! Spinach contains an incredible amount of protein for a veggie. Plus, it's off the charts for vitamins A and K, a good source of fiber, and loaded with disease-fighting "carotenoids." No wonder it made Popeye so strong!

LEARN MORE AT [WWW.KIDSHEALTH.ORG/KID/STAY\\_HEALTHY/FOOD/PYRAMID.HTML](http://WWW.KIDSHEALTH.ORG/KID/STAY_HEALTHY/FOOD/PYRAMID.HTML)



Parents, be sure to check out Café Prepay for 2011!

Log onto [www.cafeprepay.com](http://www.cafeprepay.com). View your child's account balance and obtain a 30 day print out of your child's activity at no cost. You may also replenish your child's account via a credit card for a small on-line fee.

Questions? Call 522-3700, x160

*Café Prepay—Easy, Smart, Secure*

## PARENTS—PLEASE READ THE FOLLOWING INFORMATION

### Account and Charge Procedures for Elementary Students

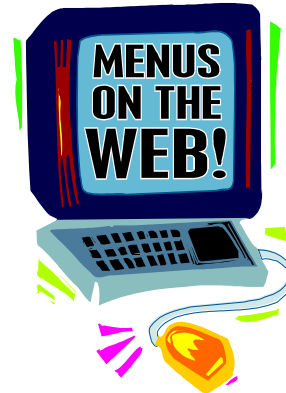
- We encourage all parents to place money on their child's account. This method provides safety and insures your money will be spent as it was intended. All students, including those eligible for free lunch, enjoy a little extra money on their account for occasional treats. Be assured, all of our treats are nutritionally sound. Money may be placed on your child's account in any amount each school day.
- We allow elementary students to charge meals if they have forgotten to bring their money or when their account balance will not cover the cost of their meal.
- We allow 3 breakfast charges and 3 lunch charges for a total of \$6.75. Our cafeteria computers have been programmed to allow only this amount and the school cashier cannot charge beyond this amount.
- If no money is received and the parent has not made arrangements for his/her child, **School Nutrition will provide a student with a toasted cheese sandwich, and a carton of milk. This emergency meal provides the nutrition a student needs to get through the school day.**
- Parents, please remember it is **your** responsibility to keep your child's account current. Don't forget the convenience of using Café Prepay to replenish your children's accounts.
- We will do our best to work with parents to serve the needs of our students. Please keep in touch with your cafeteria manager.
- You may also contact the School Nutrition Office in the School Administration Building at 522-3700, ext 160 or ext 164. We will assist you with any concerns or questions.

Remember, a Charge Policy is a courtesy—not a requirement. Please use it wisely.

## Word of the Month

re·spect

- n. 1. Consideration  
2. Courteous appreciation for others' feelings  
v. 1. To honor or hold in esteem 2. To show regard for someone or something



SURF OVER TO

[www.lcsedu.net](http://www.lcsedu.net)



**Kids do all the heavy lifting. We just provide the fuel.**

Learning is hard work, and if our kids are going to reach their ultimate goal — graduation — they have to eat well. That's why we provide convenient, economical, healthy school meals for your family every school day. Please join us often!

### Breakfast

**\$.85** **\$.95**  
Elementary Secondary

### Lunch

**\$1.40** **\$1.60**  
Elementary Secondary

If you have any questions about your child's meal status or account balance or if you wish to apply for free or reduced priced meals, please get in touch with us today .  
434-522-3700, x164 or [sprinkleml@lcsedu.net](mailto:sprinkleml@lcsedu.net)

We Appreciate Your Business!

