

CHECK OUT OUR NEW

2012

CHALLENGE!
SEE BACK OF MENU FOR DETAILS.

DO IT FOR YOU, TOO.

Volunteering isn't just good for those who might need your help -- it's good for you, too. Serving as a volunteer has been shown to improve self-confidence, teach job skills, combat depression, and increase physical activity among volunteers of all ages. That's a wellness win-win!

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

Eat up.



When kids "eat up," their grades go up, too. Research strongly suggests that kids who regularly eat balanced, nutritious meals pay better attention in class, participate more, and even score better on tests. We

try to do our part by providing healthy meals at school, so we hope you will encourage your kids to join us often!

Breakfast
\$.85

Lunch
\$1.50

Get in touch with us today to learn more about free and reduced-price meals in our district:
434-522-3700 or sprinklemk@lcsedu.net

MENU FACTS:

Choice of milk served with all complete meals:
Skim & 1% white for breakfast and white & flavored milk for lunch

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.



Thursday, January 5

Breakfast
Cereal; Grahams

Lunch
Choice of One
Crisp Chicken Fillet / Bun
Honey BBQ Rib / Bun

Sides
Oven Baked Potato Wedges
Seasoned Green Beans
Fresh or Canned Fruit

Friday, January 6

Breakfast
Flapstick; Cinnamon Applesauce Cup

Lunch
Choice of One
Beef Chili Beans
With Baked Tostitos Scoops
PBJ Uncrustable

Sides
Golden Corn
Fresh Veggies w/ dip
Froz. Fruit Sherbet

Monday, January 9

Breakfast
Breakfast Pizza;
Fresh Orange Wedges

Lunch
Choice of One
Crisp Pork Chop / Bun
Deli Meat w/ cheese / Bun
Sides
Oven Baked French Fries
Steamed Broccoli w/ cheese
Fresh or Canned Fruit

Tuesday, January 10

Breakfast
Cereal; Grahams

Lunch
Choice of One
100% Beef Cheeseburger/ Bun
Warm Ham & Cheese/ Bun
Sides
Creamy Mashed Potatoes
Fresh Froz. Green Peas
Fresh or Canned Fruit
And Bag of whole grain Cookies

Wednesday, January 11

Breakfast
Sausage Biscuit

Lunch
Choice of One
French Bread Pizza
PBJ Uncrustable
Sides
Garden Salad w/dressing
Hot Vegetable of choice
Fresh or Canned Fruit

Thursday, January 12

Breakfast
Ham (turkey ham) Roll
Applesauce Cup

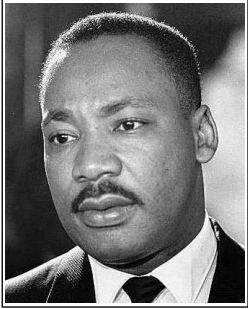
Lunch
Choice of One
Beef Taco/soft shell
w/ gr. Cheese/ Lettuce
Turkey & Cheese / Bun
Sides
Pintos w/ cheese
Fresh Radishes & Carrots /dip
Fresh Orange "Smiles"

Friday, January 13

Breakfast
Yogurt; Belly Bears

Lunch
Choice of One
Fish Fillet w/ cheese/ Bun
Crisp Corn Dog
Sides
Fresh Steamed Cabbage
Macaroni & Cheese
Bag of Fresh Apple Slices

Monday, January 16



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

Tuesday, January 17

Breakfast
Cereal; Grahams

Lunch
Choice of One
Popcorn Chicken
Sliced Ham
Sides
Creamy Mashed Potatoes
Seasoned Green Beans
Fresh or Canned Fruit
Fresh Baked Wheat Rolls

Wednesday, January 18

Breakfast
Flapstick; Fresh Fruit

Lunch
Choice of One
Mixed Greens Chef Salad
w/Ham, Turkey, Cheese/dressing
Spicy BBQ Rib / Bun
Sides
Oven Roasted Red Potatoes,
Onions, & Fresh Baby Carrots
Fresh Fruit Cup
Crackers

Thursday, January 19

Breakfast
Blueberry Muffin;
Yogurt

Lunch
Choice of One
Spaghetti w/ Meat Sauce
Turkey & Cheese / Bun
Sides
Mixed Greens
Golden Corn
Fresh or Canned Fruit
Garlic Toasted Bread(s)

Friday, January 20

Breakfast
Chicken Biscuit

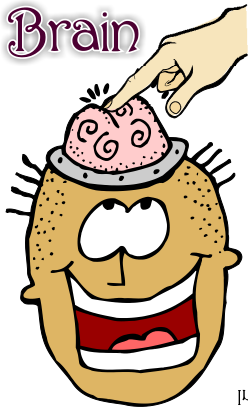
Lunch
Choice of One
Crisp Chicken Fillet / Bun
"Pig in a Blanket"
Sides
Fresh Baked Potato
Steamed Broccoli w/ cheese
Froz. Fruit Sherbet



Hey Boys & Girls

Tootie Fruiti-Veggie Weggie Day is Back!
(Your Cafeteria Staff will be wearing their red 'Wellness' shirts to remind you.)
Choose the Chef Salad and Fresh Oven Roasted Vegetables on Wednesday, January 18th and receive a fun tray surprise. Eating Healthy always has its rewards!

Brain Ticklers



Why did the man bring two pairs of pants to the golf course?

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

in each the got a hole in ones!

Monday, January 23

Breakfast
Cereal; Grahams

Lunch
Choice of One
Mini Turkey Corn Dogs
Ham & Cheese / Bun
Sides
Baked Beans
Corn on Cob
Fresh or Canned Fruit

Tuesday, January 24

Breakfast
Breakfast Pizza

"Brunch for Lunch"
Scrambled Eggs w/ cheese
Turkey Bacon
Yogurt
Baked Apples
Fresh Baked Biscuit(s)



Wednesday, January 25

Breakfast
Yogurt; Belly Bears

Lunch
Choice of One
Assorted Wedge Pizza
PBJ Uncrustable
Sides
Garden Salad w/dressing
"Fresh" Froz. Mixed Vegetables
Fresh or Canned Fruit

Thursday, January 26

Breakfast
Cereal; Grahams

Lunch
'Fresh-Made' Chicken/Turkey
Vegetable Soup
Toasted Cheese Sandwich
Fresh Seasonal Fruit
And an Oatmeal Raisin
Cookie



Friday, January 27

Breakfast
Sausage Biscuit

Lunch
Choice of One
Texas BBQ / Bun
Fish Fillet w/ cheese/ Bun
Sides
Macaroni & Cheese
Fresh Steamed Cabbage
Fresh or Canned Fruit

Monday, January 30

Breakfast
Cereal; Grahams

Lunch
Choice of One
Hot Dog / Bun with/w/o Chili
Turkey & Cheese roll-up/ Bun
Sides
Oven Baked French Fries
Fresh Carrot & Celery Sticks /
with Ranch dip
Fresh or Canned Fruit
(our hot dogs have NO pork)

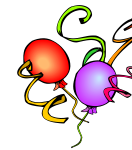
Tuesday, January 31

Breakfast
Morning Sausage Roll w/
catsup dip; Baked Apples

Lunch
Choice of One
Chicken Nuggets
Sliced Ham
Sides
Creamy Mashed Potatoes
Seasoned Green Beans
Fresh or Canned Fruit
Fresh Baked Wheat Rolls

BE PART OF THE NEW YEAR 2-0-1-2 CHALLENGE!

- **2**—FRUITS OR VEGETABLES EACH DAY IN 2012. (AT LEAST)
- **0**—SUGAR SWEETENED BEVERAGES IN 2012.
- **1**—HOUR OF EXERCISE EACH DAY IN 2012. (MAKE IT FUN!)
- **2**—TOTAL HOURS OF TV/GAMES EACH DAY IN 2012.



THIS MAY SEEM LIKE A TOUGH CHALLENGE—BUT BEGIN IN JANUARY & WORK ON IT THROUGHOUT THE YEAR!

- IF YOU HAVE DAYS WHEN YOU DO NOT EAT ANY FRUITS OR VEGETABLES, TRY TO REACH YOUR GOAL OF EATING AT LEAST 2 ON AS MANY DAYS AS POSSIBLE.
- IF YOU DRINK SODAS OR SUGARY DRINKS, WORK TO GIVE THEM UP AND DRINK MORE WATER— "0" SUGARED BEVERAGES IS THE GOAL.
- IF YOU NEED MORE EXERCISE AND MOST OF US DO, TRY TO MAKE IT FUN—PLAY BASKETBALL, RIDE YOUR BIKE, GO FOR A WALK—JUST KEEP MOVING FOR 1 HOUR EACH DAY.
- IF YOU ARE WATCHING TV OR PLAYING VIDEO GAMES EVERY DAY, CUT BACK, WORK TO REACH YOUR GOAL OF NO MORE THAN 2 TOTAL HOURS OF SCREEN TIME EACH DAY.

ACCEPT THE **2012** CHALLENGE!

Strive for better health & fitness
Earn rewards—win prizes!



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