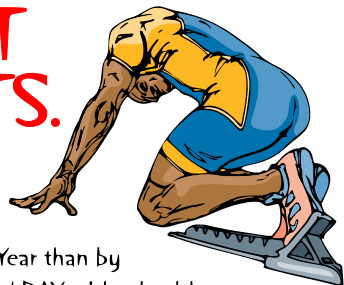




William Marvin Bass Elementary Menu

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!

Miss the bag? Use it on the weekend!

The rest of the week, we've got you covered, with tasty, nutritious meals that are here for your kids every school day. With the cost of feeding a family these days, our meals are a bigger bargain than ever. Convenient, economical, healthy School Meals. You can brown bag it on the weekends -- we won't tell!

Breakfast
\$1.05 **Lunch**
\$2.00

Get in touch with us today to learn more about free and reduced-price meals in our district:
 434-515-5064 or sprinklemlk@lcsedu.net



Monday, January 6

Breakfast
 Cereal; WG Breakfast Bar

Lunch
 Crispy Corn Dog or
 Fish Sticks w/ bakery roll
 Golden Corn
 Cheesy Pintos
 Assorted Fruit Choices

Tuesday, January 7

Breakfast
 Maple French Toast
 Fruit of Choice

Lunch
 Popcorn Chicken or
 Sliced Ham
 Creamy Mashed Potatoes
 Fresh Frozen Peas
 Assorted Fruit Choices
 Fresh Baked Wheat Roll

Wednesday, January 8

Breakfast
 Cereal; Grahams

Lunch
 Assorted Pizza or
 Turkey Combo / WG Bun
 Garden Salad with
 Cherry Tomatoes
 Hot Vegetable of Choice
 Assorted Fruit Choices

Thursday, January 9

Breakfast
 Egg & Cheese Biscuit

Lunch
 Crisp Chicken Fillet or
 Turkey & Cheese/ WG Bun
 Baked Sweet Potato
 Broccoli w/ cheese
 Assorted Fruit Choices

Friday, January 10

Breakfast
 Yogurt; Muffin

Lunch
 Local 100% Beef
 Cheeseburgers/ WG Bun
 Or Texas BBQ /WG Bun
 Lettuce & Tomato
 Oven Baked French Fries
 Fresh Baby Carrots w/ dip
 Assorted Fruit Choices

Monday, January 13

Breakfast
 WG Breakfast Square with
 Turkey Sausage

Lunch
 Hot Dog /WG Bun or
 Meatballs w/ cheese /WG Bun
 Home-style Baked Beans
 Crisp Cole Slaw
 Assorted Fruit Choices

Tuesday, January 14

Breakfast
 Cereal; Grahams
 Fresh Banana

Lunch
 Oven Baked Chicken or
 Sliced Ham
 Creamy Mashed Potatoes
 Glazed Carrots
 Assorted Fruit Choices
 Fresh Baked Wheat Roll

Wednesday, January 15

Breakfast
 Flapstick; Fresh Orange
 Smiles :o)

Lunch
 Cheesy Pizza Sticks
 w/ Marinara Sauce or
 PBJ Uncrustable
 Romaine Salad w/ tomatoes
 Hot Vegetable of Choice
 Assorted Fruit Choices

Thursday, January 16

Breakfast
 Sausage Biscuit

Lunch
 Beef Taco on soft shell
 w/ grated cheese; shr. lettuce
 Turkey & Cheese roll-up
 Golden Corn
 Seasoned Green Beans
 Frozen Fruit Ice Cup

Friday, January 17

Breakfast
 Yogurt; Grahams

Lunch
 Crunchy Fish Sticks or
 Crisp Corn Dog
 Side Salad
 Hot Vegetable of Choice
 Assorted Fruit Choices

First things First

BREAKFAST
@SCHOOL
 For first-class learning!

Check out our Website for
on-line meal account payments
www.myschoolbucks.com

You may view your child's account
balance and obtain a 60 day print out
of your child's activity at no cost.
You may also add to your child's
meal account via a credit card for a
small on-line fee.




THE TIME IS ALWAYS
RIGHT TO DO WHAT
IS RIGHT.

-MARTIN LUTHER KING, JR.

Monday, January 20
MLK Day
No School Today

Tuesday, January 21

Professional Development Day

Students do not Attend



Wednesday, January 22

Breakfast
Cereal; Grahams

Lunch
Cheesy Pizza Sticks w/
Marinara Sauce or
PBJ Uncrustable
Mixed Vegetables
Black-eyed Peas
Assorted Fruit Choices

Thursday, January 23

Breakfast

January Birthday Lunch
Chicken Vegetable Soup
Toasted Cheese Sandwich
Fresh Carrots w/dip
"Happy Birthday" Fruit
Juice Ice Cup



Friday, January 24

Breakfast

Lunch
Chicken Salad/ WG Croissant Or
Turkey Combo/ WG Croissant
Lettuce & Tomato
Fresh Baked Potato
Fresh Broccoli Salad
Assorted Fruit Choices

Monday, January 27

Breakfast
WG Breakfast Square with
Turkey Sausage

Lunch
Hot Dog /WG Bun or
Meatballs w/ cheese /WG Bun
Home-style Baked Beans
Crisp Cole Slaw
Assorted Fruit Choices

Tuesday, January 28

Breakfast
Cereal; Grahams;
Fresh Banana

Lunch
Chicken Nuggets or
Sliced Ham
Mashed Potatoes
Seasoned Green Beans
Assorted Fruit Choices
Fresh Baked Wheat Roll

Wednesday, January 29

Breakfast
Yogurt; WG Muffin

Lunch
Assorted Pizza Slices or
Deli Turkey Combo/ WG Bun
Fresh Garden Salad
Hot Vegetable of Choice
Assorted Fruit Choices

Thursday, January 30

Breakfast
Canadian Turkey Ham & Egg
on English Muffin

Lunch
Beef Spaghetti w/Meat Sauce
Or Roasted Turkey
Turnip Greens
Fresh Tropical Fruit Salad
Garlic Bread

Friday, January 31

Breakfast
Flapstick; Fresh Orange
Smiles :o)

Lunch
Local 100% Beef
Cheeseburgers/ WG Bun
Or Texas BBQ /WG Bun
Lettuce & Tomato
Sweet Potato French Fries
Fresh Cucumber w/ dip
Assorted Fruit Choices

School Nutrition will continue to celebrate birthdays for all students born in January. Each lunch served on the designated day will include a "Happy Birthday" Ice Cup (also available at no charge to those birthday students who pack their lunch.) This product is 100% juice, with no added sugars and no dyes. We believe this will be a healthier option to celebrate birthdays without cake and extra sugary treats in the classroom. We think our students will LOVE the Ice Cup and we hope you will join us in our effort to provide ALL students with a fun, healthier way to celebrate birthdays.



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, sex age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer."



Choice of milk served with all complete meals:
Skim & 1% white and fat free flavored milk

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

"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

YEAR OF THE HORSE



The Chinese New Year begins with the new moon on January 31st.
2014 is the year of the Horse.

NUTRITION TO GO

Not too many decades ago, Chinese food was an exotic cuisine in most parts of America. Today, we spend over \$15 billion a year at more than 40,000 Chinese restaurants in the U.S. About half of the Chinese-born people who live in America have owned, operated, or worked in a Chinese restaurant at some point in their time here.

A TASTY MORSEL FOR PARENTS

