

WELCOME TO THE NEW YEAR!

MENUS FOR JANUARY 2012

Jenks Public Schools Child Nutrition Department

This institution is an equal opportunity provider.

JPS Food for Thought

MY PLATE

Say goodbye to the Pyramid and hello to the plate! The new MyPlate graphic is easier to understand—it's a simple matter of proportions. Fill your plate with at least half fruits and vegetables, a little more than a quarter grains (mostly whole grains), and a little less than a quarter lean protein foods, with perhaps a little dairy on the side. Try to follow these general guidelines, too: "Enjoy what you eat, but eat less of it!" "Avoid really big portions of food." "Eat whole grains as much as possible." "Drink milk that's fat-free or low-fat (1%)." "Choose foods with lower sodium numbers." "Drink water instead of soda or other sugary drinks—If you divide your plate like MyPlate and follow these other guidelines, you'll be eating healthy!"

Breakfast

Daily: COLD CEREAL
SAUSAGE & BISCUIT
YOGURT

Mon: French Toast Sticks
Syrup / Sausage

Tues: Canadian Ham
/Egg Biscuit

Wed: Pancake n' Sausage
on a Stick/Syrup

Thurs: Breakfast Burrito

Fri: Breakfast Pizza

***All Meals Above Include Assorted Fruit and Milk**

Lunch

DAILY

Sandwich on Whole Wheat Bread

Chef Salad / Crackers

***All Meals Above Include Assorted Fruit/Fruit Juice, Vegetables, and Milk**

Tuesday, Jan. 3

- Hamburger
- Popcorn Chicken

Green Beans
Spinach Romaine Salad
Fresh Baby Carrots
Fresh Apple
Fruit Cocktail
Milk
Vanilla Pudding

Wednesday, Jan. 4

- Chicken Nuggets
- Steak Fingers

Whipped Potatoes
w/Cream Gravy
Spinach Romaine Salad
Fresh Broccoli/Cauliflower Florets
Red Seedless Grapes
Peaches
Milk

Thursday, Jan. 5

- Hot Dog
- Teriyaki Chicken
Fried Rice
Sweet & Sour Sauce

Peas & Carrots
Spinach Romaine Salad
Fresh Cucumber Slices
Fresh Orange
Strawberries
Milk

Friday, Jan. 6

- Manager's Special
- Macaroni & Cheese
Cinnamon Roll

Mixed Vegetables
Spinach Romaine Salad
Assorted Fresh Vegetable Relishes
Assorted Fresh Fruit
Milk

Monday, Jan. 9

- Cheese Pizza
- Chicken Tenders
Hot Biscuit

Green Peas
Spinach Romaine Salad
Fresh Baby Carrots
Fresh Apple
Fruit Cocktail
Milk

Chionophobia

Word play

"Chionophobia" is the fear of snow or being snowbound.

Tuesday, Jan. 10

- Hamburger
- Corn Dog (Turkey)

Baked Beans
Spinach Romaine Salad
Fresh Broccoli/Cauliflower Florets
Red Seedless Grapes
Pineapple
Milk
Chocolate Chip Cookie

Wednesday, Jan. 11

- Chicken Nuggets
- Frito Chili Pie

Corn
Spinach Romaine Salad
Fresh Baby Carrots/Celery
Fresh Orange
Rosy Applesauce
Milk
Whole Grain All Sports Vanilla
Grahams

Snap out of it!

Yes, vacation is over, but we're happy to see you – and it won't be too long until Spring Break!

Welcome Back!

*MENU SUBJECT TO CHANGE

Thursday, Jan. 12

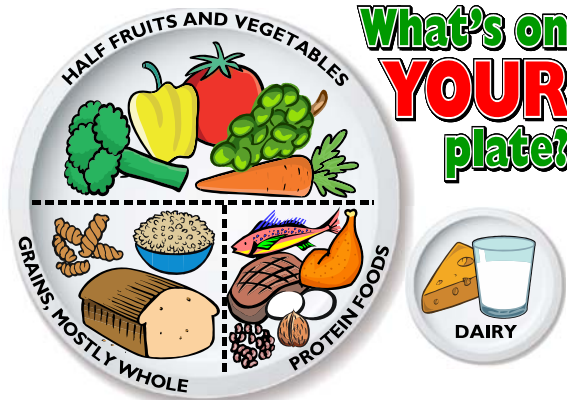
1. Hot Dog
2. BBQ Beef Sandwich

Sweet Potato Fries
 Fresh Cucumber Slices
 Fresh Apple
 Milk
 Assorted Sherbets

Friday, Jan. 13

1. Manager's Special
2. Beef Meatballs/
Whole Grain
Penne Pasta
Garlic Breadsticks

Green Beans
 Spinach Romaine Salad
 Assorted Fresh Vegetable Relishes
 Assorted Fresh Fruit
 Milk
 Rice Krispie Treat



Purple Carrots?!



It's true -- until a few hundred years ago, carrots were purple, not orange. Dutch farmers in the late 16th century began to take "mutant" white and yellow carrots and cultivate them selectively until they had developed something closer to the sweet, tasty orange carrots we love today!

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

Monday, Jan. 16

Martin Luther King, Jr.

1929
1968



Tuesday, Jan. 17

1. Hamburger
2. Mozzarella Cheese
Bread Sticks
Marinara Sauce

Green Peas
 Spinach Romaine Salad
 Fresh Broccoli/Cauliflower Florets
 Fresh Apple
 Peaches
 Milk

Wednesday, Jan. 18

1. Chicken Nuggets
2. Beef & Cheese
Nachos

Corn
 Spinach Romaine Salad
 Fresh Baby Carrots/Celery
 Fresh Orange
 Milk
 Whole Grain Lemon Bear Grahams

Thursday, Jan. 19

1. Hot Dog
2. Oven Fried Chicken
Wheat Hot Roll

Whipped Potatoes
 w/Cream Gravy
 Spinach Romaine Salad
 Fresh "Stoplight" Bell Pepper Strips
 Fresh Kiwi
 Strawberries
 Milk
 Low Fat Chocolate
 Ice Cream Cup

Friday, Jan. 20

1. Manager's Special
2. Fish Nuggets
Tarter Sauce

Mixed Vegetables
 Spinach Romaine Salad
 Assorted Fresh Vegetable Relishes
 Assorted Fresh Fruit
 Milk

Monday, Jan. 23

1. Pepperoni Pizza
2. Burrito

Corn
 Spinach Romaine Salad
 Fresh Baby Carrots
 Fresh Apple
 Pears
 Milk
 Wacky Cake

Tuesday, Jan. 24

1. Hamburger
2. Popcorn Chicken

Green Beans
 Spinach Romaine Salad
 Fresh Broccoli/Cauliflower Florets
 Fresh Orange
 Applesauce
 Milk
 Vanilla Pudding

Wednesday, Jan. 25

1. Chicken Nuggets
2. Steak Fingers
Wheat Hot Roll

Whipped Potatoes
 w/Cream Gravy
 Spinach Romaine Salad
 Fresh Baby Carrots/Celery
 Red Seedless Grapes
 Peaches
 Milk

Thursday, Jan. 26

1. Hot Dog
2. Teriyaki Chicken
Strips
Fried Rice
Sweet & Sour Sauce

Peas & Carrots
 Spinach Romaine Salad
 Fresh Broccoli
 Fresh Orange
 Strawberries
 Milk

Friday, Jan. 27

1. Manager's Special
2. Macaroni & Cheese
Cinnamon Roll

Mixed Vegetables
 Spinach Romaine Salad
 Assorted Fresh Vegetable Relishes
 Assorted Fruit
 Milk

Monday, Jan. 30

1. Cheese Pizza
2. Chicken Tenders
Hot Biscuit

Corn
 Spinach Romaine Salad
 Fresh Baby Carrots
 Fresh Apple
 Fruit Cocktail
 Milk

Tuesday, Jan. 31

1. Hamburger
2. Corn Dog (Turkey)

Baked Beans
 Spinach Romaine Salad
 Fresh Broccoli/Cauliflower Florets
 Red Seedless Grapes
 Pineapple
 Milk
 Chocolate Chip Cookie

VEGETABLE

Black Beans

Black beans have long been popular in Mexican, Central American, and South American cooking. When it comes to combined protein, fiber, and illness-fighting antioxidants, no food can match black beans!



OF THE MONTH



JANUARY BIRTHDAYS

- Kate Middleton (30) -- Jan. 9
 Drew Brees (33) -- Jan. 15
 Dr. Martin Luther King -- Jan. 15
 Muhammed Ali (70) -- Jan. 17
 Michelle Obama (48) -- Jan. 17
 Alicia Keys (31) -- Jan. 25

