

**WELCOME TO THE NEW YEAR!**  
**MENUS FOR JANUARY 2012**

Issaquah School District Elementary Menu

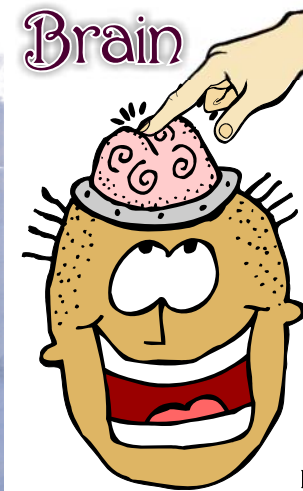
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**Chionophobia**

**Word play**



“Chionophobia” is the fear of snow or being snowbound.



**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!)

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**Word of the Month**

**cour·age**

*n.* 1. the quality of mind or spirit that enables one to face difficulty, danger, fear, pain, etc. with self-possession, confidence, and resolution  
 2. bravery

**Lunch Prices:**

Full Pay = \$3.25

K-3 Reduced = Free

4-5 Reduced = \$0.40

Adult = \$4.00

(M) = Meatless Entree

**Tuesday, January 3**

- #1 Teriyaki Beef Dippers w/ Rice
- #2 Eggroll w/ String Cheese
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Fortune Cookie  
Salad Bar  
Milk

**Wednesday, January**

- #1 Cheese (M) or Pepperoni Pizza
- #2 Cheeseburger
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Salad Bar  
Milk

**Thursday, January 5**

**Brunch for Lunch!**

- #1 Pancakes w/ Scrambled Eggs (M)
- #2 Waffle Sticks w/ Scrambled Eggs (M)
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Baked Cinnamon Apples  
Salad Bar  
Milk

**Friday, January 6**

- #1 Chicken Nuggets w/ Homemade Whole Wheat Roll
- #2 Chef Salad
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Salad Bar  
Milk

**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**

**Monday, January 9**

- #1 Fish Nuggets w/ Heart-Shaped Pretzels
- #2 Chicken Slugger w/ Heart-Shaped Pretzels
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Gingersnap  
Salad Bar  
Milk

**Tuesday, January 10**

- #1 Mac & Cheese w/ Homemade Whole Wheat Roll
- #2 Beef Soft Taco w/ Salsa
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Chocolate Cake  
Salad Bar  
Milk

**Wednesday, January**

- #1 Cheese (M) or Pepperoni Pizza
- #2 Chicken Burger
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Salad Bar  
Milk

**Thursday, January 12**

- #1 Turkey Gravy w/ Mashed Potatoes & Homemade Whole Wheat Roll
- #2 No Choice
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

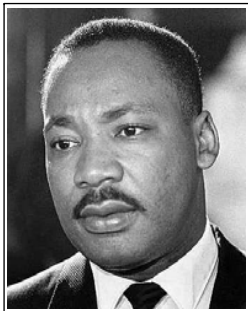
Oatmeal Chocolate  
Chip Cookie  
Salad Bar  
Milk

**Friday, January 13**

- #1 Chicken Rings w/ Homemade Whole Wheat Roll
- #2 Southwest Chicken Salad
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Salad Bar  
Milk

**Monday, January 16**



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

**Tuesday, January 17**

- #1 Toasted Cheese Sandwich w/ Hot Soup (M)
- #2 Sloppy Joe w/ Hot Soup
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Chocolate Krinkle Cookie  
Salad Bar  
Milk

**Wednesday, January**

- #1 Cheese (M) or Pepperoni Pizza
- #2 Ham Deli Sandwich
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Salad Bar  
Milk

**Thursday, January 19**

- #1 Nacho Supreme!
- #2 No Choice
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Churro  
Salad Bar  
Milk

**Friday, January 20**

- #1 Chicken Nuggets w/ Homemade Whole Wheat Roll
- #2 Beef Taco Salad
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Salad Bar  
Milk

**Monday, January 23**

- #1 Whole Grain Corndog w/ Oven Fries
- #2 Chicken Burger w/ Oven Fries
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Coconut Macaroon  
Salad Bar  
Milk

**Tuesday, January 24**

- #1 Hot Dog in a Bun w/ Sunchips
- #2 Turkey Deli Sandwich w/ Sunchips
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Snickerdoodle  
Salad Bar  
Milk

**Wednesday, January**

- #1 Cheese (M) or Pepperoni Pizza
- #2 Cheeseburger
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Salad Bar  
Milk

**Thursday, January 26**

- #1 Stuffed Pasta Shells w/ Homemade Whole Wheat Roll (M)
- #2 Italian Hot Pocket (M)
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Rice Krispie Treat  
Salad Bar  
Milk

**Friday, January 27**

- #1 Chicken Nuggets w/ Homemade Whole Wheat Roll
- #2 Chef Salad
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Salad Bar  
Milk

**Monday, January 30**

**Brunch for Lunch**

- #1 Breakfast Burrito w/ String Cheese
- #2 French Toast Sticks w/ Scrambled Eggs (M)
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Fruit Crisp  
Salad Bar  
Milk

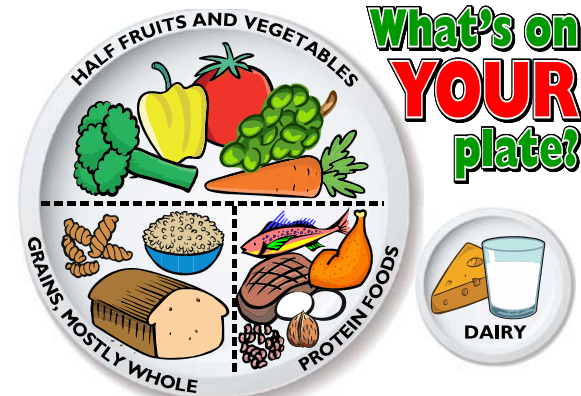
**Tuesday, January 31**

- #1 Mac & Cheese w/ Homemade Whole Wheat Roll
- #2 Veggie Burger
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Chocolate Chip Cookie  
Salad Bar  
Milk



The Chinese New Year begins with the new moon on January 23. 2012 is the year of the Dragon.



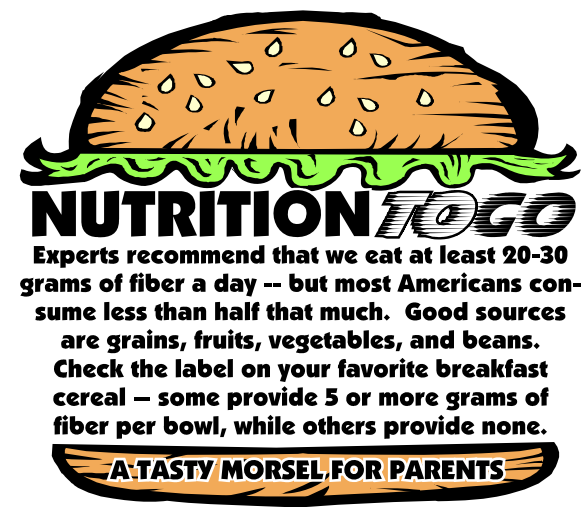
What's on **YOUR** plate?

**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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)



Experts recommend that we eat at least 20-30 grams of fiber a day -- but most Americans consume less than half that much. Good sources are grains, fruits, vegetables, and beans. Check the label on your favorite breakfast cereal -- some provide 5 or more grams of fiber per bowl, while others provide none.

A TASTY MORSEL FOR PARENTS