



Friday

Monday	Tuesday	Wednesday	Thursday	Friday
				1 HOLIDAY
4 Pancakes Pizza Corn dogs Baked Beans Mac & Cheese Pineapple Tidbits	5 Breakfast Bagels Frito Pie Hot Dogs w/wo Chili Oven Roasted Fries Diced Peaches Cookies	6 Grilled Cheese Sandwiches Fish Popcorn Chicken Mashed Potatoes w/wo Gravy Green Beans Applesauce Rolls	7 Kolaches Pizza Chicken Quesadillas Corn Sweet Peas Fruit Mix Cookies	8 Pancake Sausage On a Stick Hamburgers/BBQ w/wo Sliced Cheese Burger Salad Cup Tater Tots Diced Pears
11 Sausage Rolls Pizza Ham Sandwiches w/wo Sliced Cheese Tossed Salad w/wo Ranch Dressing Baked Chips Apples	12 Donuts Grilled Cheese Sandwiches Chicken Noodle Soup Pork & Beans Diced Peaches Cookies	13 Breakfast Pizza Chicken Rings Steak Fingers Mashed Potatoes w/wo Gravy Broccoli & Cheese Applesauce Rolls	14 Sausage & Biscuit Pizza Beef Nachos Refried Beans Tossed Salad w/wo Ranch Dressing Fruit Mix Cookies	15 Honey Buns Hamburgers/BBQ w/wo Sliced Cheese Burger Salad Cup Fries Diced Pears
18 HOLIDAY	19 Breakfast Bagels Ravioli Spaghetti with Meat Sauce Tossed Salad w/ Ranch Dressing Diced Peaches Max Stix Cookies	20 Grilled Cheese Sandwiches Dino Nuggets Chicken Fried Steak Mashed Potatoes w/wo Gravy Green Beans Applesauce Rolls	21 Ham & Cheese Kolaches Pizza Burritos Corn Refried Beans Fruit Mix Cookies	22 Pancake Sausage On a Stick Hamburgers/BBQ w/wo Sliced Cheese Burger Salad Cup Tater Tots Diced Pears
25 Sausage Rolls Pizza Soft Beef Tacos Tossed Salad w/wo Ranch Dressing Pinto Beans Apples	26 Donuts Pork Rib Sandwich Chicken Sandwich Sandwich Salad Cup Baked Chips Diced Peaches Cookies	27 Breakfast Pizza Chicken Rings Salisbury Steak Mashed Potatoes w/wo Gravy Spinach Applesauce Rolls	28 Sausage & Biscuit Pizza Chicken Fajitas Refried Beans Corn Fruit Mix Cookies	29 Honey Buns Hamburgers/BBQ w/wo Sliced Cheese Burger Salad Cup Fries Diced Pears

Breakfast: Cereal, Toast, & variety of Juice & Milk offered daily **Lunch:** Baked Potatoes & variety of Salads & Milk offered daily **Snack Bar:** Tues. & Thurs.

Happy 2010!

It's a new year! Kick it off right by eating more foods that are healthy and by being more physically active. You can improve your diet by:

- Ⓞ eating more fruits, vegetables and whole grains;
- Ⓞ avoiding fried foods, sugary snacks, sodas and fruit drinks;
- Ⓞ choosing skim or low-fat milk and dairy products; and
- Ⓞ eating school meals.

Make a new year's resolution to spend more time exercising than playing video or computer games or watching television. Pump up your activity level and make 2010 your healthiest and most fun year yet!

Calling all family members!

January is Family Fit Lifestyle Month! A great way to make regular physical activity a part of your family's routine is to get a notebook and keep a fitness diary. Record how long or far each family member walked, cycled or ran each day.



However you slice it

Did you know January is also National Wheat Bread Month? Americans eat bread at breakfast, lunch and dinner. Choose toast and sandwich bread made with whole-wheat flour. It's loaded with fiber and nutrients to keep you healthy and strong. Try to eat at least three whole-grain treats a day!

Check Out the CAFETERIA BUZZ



Menus meet recommended dietary guidelines and may change due to product availability, customer satisfaction or other significant market changes.

Find out the amount of healthy food you need each day by getting your personal food guide pyramid at www.mypyramid.gov. Square Meals is the Texas Department of Agriculture's school nutrition education and outreach program, funded by the U.S. Department of Agriculture, Food and Nutrition Service. 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 and Compliance, 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.

