

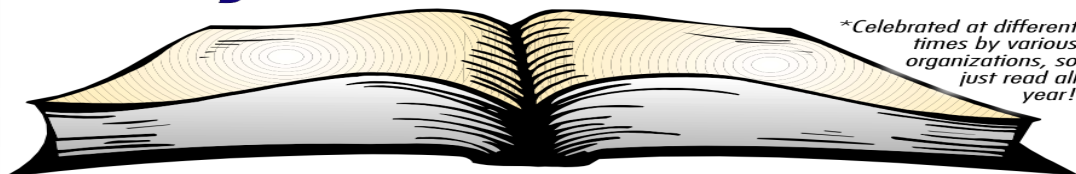


ACMETONIA ELEMENTARY SCHOOL

Hey, You! Put that book down!

The American Academy of Pediatrics recommends that kids get up and do something else for 10 minutes every hour when they're reading to avoid eye, neck, and brain fatigue!

January is National Book Month*



*Celebrated at different times by various organizations, so just read all year!

Breakfast:

Choose at least 3 of 4 available component

Daily breakfast entrée or variety of alternate choices

Fruit or
100% Fruit Juice

Milk Choice

Wednesday, January 3

Breakfast

Cereal Choice with
Wholegrain Crackers

Lunch

Chicken Nuggets with
Whipped Potatoes

Cook's Choice Vegetables

Fruit / Milk Choice

Thursday, January 4

Breakfast

Baked Wholegrain
Funnel Cake

Lunch

Corn Dog Nuggets with
Baked Smiley Fries

Mango Vegetable Juice

Fruit / Milk Choice

Friday, January 5

Breakfast

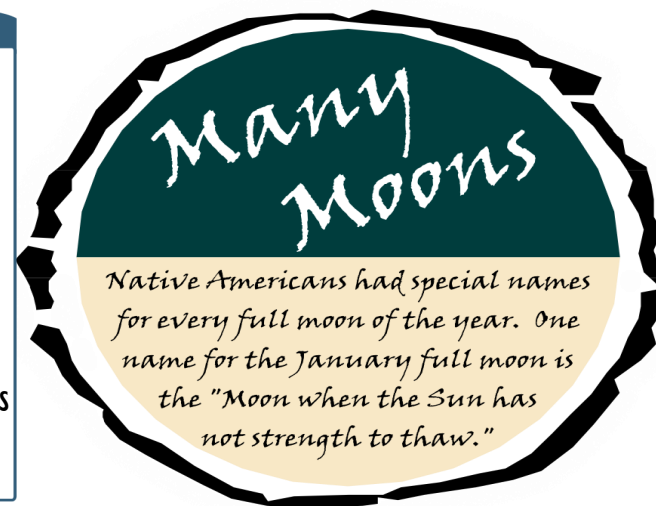
Egg & Sausage
Croissant Sandwich

Lunch

Italian Dunkers with
Pizza Sauce

Cook's Choice Vegetables

Fruit / Milk Choice



Native Americans had special names for every full moon of the year. One name for the January full moon is the "Moon when the Sun has not strength to thaw."

Monday, January 8

Breakfast

Cinnamon Ultimate
Breakfast Round

Lunch

Chicken Sticks with
Buttered Noodles

Chilled Baby Carrots

Fruit / Milk Choice

Tuesday, January 9

Breakfast

French Toast Bites with
Syrup Cup

Lunch

Beef & Cheese
Nachos

Steamed Corn

Fruit / Milk Choice

Wednesday, January 10

Breakfast

Breakfast Pizza
Square

Lunch

Cheeseburger with
Potato Sticks

Punch Vegetable Juice

Fruit / Milk Choice

Thursday, January 11

Breakfast

Toasted Wholegrain
Pop Tarts

Lunch

Macaroni & Cheese with
Baked Soft Pretzel

Frozen Juice Cup

Fruit / Milk Choice

Friday, January 12

Breakfast

Pancake & Sausage
Flap Stick with Syrup

Lunch

Thin Crust
Pizza Slice

Tossed Garden Salad

Fruit / Milk Choice

Lunch:

Alternate Choice:

- 1) Deli Hoagie
- 2) Peanut Butter & Jelly Sandwich

Available Daily:

Fruit or 100% Fruit Juice
Vegetable Choice
Wholegrain Breads
Milk Choice

Tuesday, January 16

Breakfast

Cereal Choice with
Wholegrain Crackers

Lunch

Cheese Stuffed
Pizza Crunchers

Baked Fries

Fruit / Milk Choice

Wednesday, January 17

Breakfast

Baked Wholegrain
Apple Churros

Lunch

BBQ Rib Sandwich with
Applesauce Cup

Mango Vegetable Juice

Fruit / Milk Choice

Thursday, January 18

Breakfast

Super Bakery Ultra
Banana Bread

Lunch

Chicken Sandwich on a
Wholegrain Bun

Baked Tater Tots

Fruit / Milk Choice

Friday, January 19

Breakfast

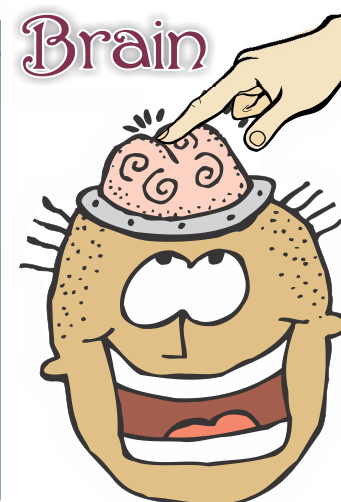
Egg & Bacon
Breakfast Bagel

Lunch

BOSCO Sticks with
Pizza Sauce

Cook's Choice Vegetables

Fruit / Milk Choice



Brain Ticklers

What has
four wheels
and flies?

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

A trash truck!

Monday, January 22

Breakfast

Cocoa Cherry
Breakfast Bar

Lunch

Chicken Nuggets with
Cheesy Potatoes

Cucumber Slices / Ranch

Fruit / Milk Choice

Tuesday, January 23

Breakfast

Buttermilk Pancake
Bites with Syrup

Lunch

Beef & Cheese Taco with
Shredded Lettuce

Steamed Corn

Fruit / Milk Choice

Wednesday, January 24

Breakfast

Breakfast Pizza
Square

Lunch

Italian Hoagie with
Baked Tots

Punch Vegetable Juice

Fruit / Milk Choice

Thursday, January 25

Breakfast

Baked Cinnamon
Donut Holes

Lunch

Hot Dog with Honey
Baked Beans

Frozen Juice Cup

Fruit / Milk Choice

Friday, January 26

Breakfast

Wholegrain Breakfast
Pastry Choice

Lunch

Thin Crust
Pizza Slice

Tossed Garden Salad

Fruit / Milk Choice



**Pro Football
playoffs start
January 13.
What team will
wear the crown?**

Monday, January 29

Breakfast

General Mills
Cereal Bar

Lunch

Orange Asian Chicken
with Steamed Rice

Chilled Baby Carrots

Fruit / Milk Choice

Tuesday, January 30

Breakfast

Maple Waffle Bites with
Syrup Cup

Lunch

Cheese Quesadilla
Pizza Slice

Baked Fries

Fruit / Milk Choice

Wednesday, January 31

Breakfast

Wholegrain Iced
Cinnamon Roll

Lunch

Cheeseburger with
Potato Sticks

Mango Vegetable Juice

Fruit / Milk Choice

The home stretch!



**Just a few more
months to go in
the school year!
YOU CAN DO IT!
And we want to
help! While you
concentrate on
the finish line,
we'll keep you
fueled up with
tasty, nutritious
food!**