

WELCOME TO THE NEW YEAR!
MENUS FOR
JANUARY 2012

Washington County Virginia Public Schools Middle School Menu

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PAY NO ATTENTION TO THAT BIRD!



The clock has not run out!
 We accept applications
 for free and reduced-price
 meals all year long.
 It's never too late!

Get in touch with us today to learn more about
 free and reduced-price meals in our district:
 276-739-3031 or fivery@wcs.k12.va.us



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

Chionophobia



Word play

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

DO IT FOR YOU, TOO.

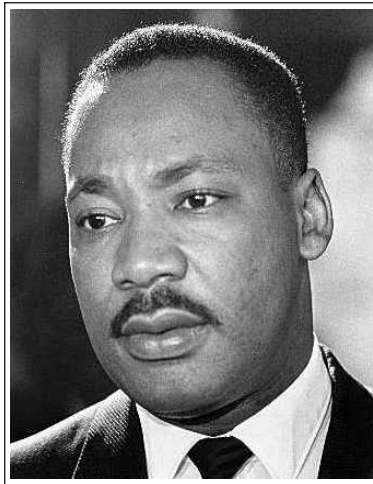
Volunteering isn't just good for those who might need your help -- it's good for you, too. Serving as a volunteer has been shown to improve self-confidence, teach job skills, combat depression, and increase physical activity among volunteers of all ages. That's a wellness win-win!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, January 2	Tuesday, January 3	Wednesday, January 4	Thursday, January 5	Friday, January 6
Chicken Tenders Rolls (2) Potatoes Au Gratin Seasoned Corn Tossed Salad w/ Spinach Fat Free Dressing Applesauce/Fresh Fruit Choice of Milk	Corn Dog or Burrito Brown Beans Mixed Greens Cornbread Fruit Crisp Fresh Fruit Choice of Milk	Ham or Baked Chicken Rolls (2) Mashed Potatoes Seasoned Green Beans Buttered Carrots Pineapple Chunks Fresh Fruit Choice of Milk	Hamburger on Bun w/Lettuce Tomato, Onion & Pickles Tater Tots Baked Beans Canned Pears Fresh Fruit Choice of Milk	Breakfast-4-Lunch Scrambled Eggs/ Sausage/Gravy Biscuits (2) Hash Brown Potatoes Baked Apples Choice of Juice Fresh Fruit Choice of Milk
Monday, January 9	Tuesday, January 10	Wednesday, January 11	Thursday, January 12	Friday, January 13
Sub Sandwich/ Bologna Cheese/Lettuce & Tomato Potato Wedges California Mixed Vegetables Mixed Fruit/Fresh Fruit Chocolate Chip Cookie Choice of Milk	Tacos w/ Cheese Lettuce & Tomato Seasoned Corn Canned Mandarin Oranges Fresh Fruit Luigi Sherbet Choice of Milk	<p style="text-align: center;">SCHOOLS CLOSED TEACHER WORKDAY</p> <p style="text-align: center;">(May Be Used To Make Up Snow Day!)</p>	Chicken Chunks w/ Sauce Rolls (2) Parsley Potatoes Buttered Corn Steamed Broccoli Applesauce/Fresh Fruit Choice of Milk	Soup w/ Crackers Grilled Cheese Sandwich Onion Rings Canned Peaches Fresh Fruit Wacky Cake Choice of Milk

Martin Luther King, Jr.'s Birthday is commemorated this year on Monday, January 16



Monday, January 16

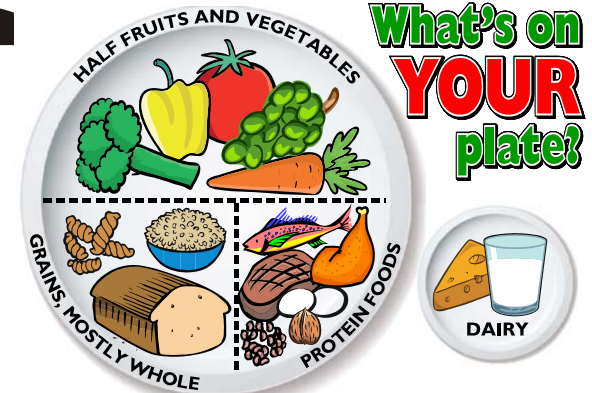
Hot Dog on Bun w/ Chili
 Macaroni & Cheese
 Cole Slaw
 Baked Beans
 Canned Pears / Fresh Fruit
 Chocolate Chip Cookie
Choice of Milk

Tuesday, January 17

Whole Grain Pizza
 Tuscan Blend
 Vegetables
 French Fries
 Spice Cake
 Applesauce
 Fresh Fruit
Choice of Milk

Wednesday, January 18

Steak with Gravy
 Rolls(2)
 Fluffy Mashed Potatoes
 Buttered Peas and Carrots
 Canned Peaches
 Fresh Fruit
Choice of Milk



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

Thursday, January 19

Chicken Salad or Tuna Salad
 Sandwich
 Baked Potato
 Broccoli w/Cheese Sauce
 Pasta Salad
 Canned Mixed Fruit/Grapes
Choice of Milk

Friday, January 20

Ravioli
 Rolls (2)
 Seasoned Green Beans
 Tossed Salad w/ Fat Free Dressing
 Chilled Canned Pears
 Fresh fruit
Choice of Milk

Monday, January 23

Mozzarella Sticks
 w/Marinara Sauce
 Salad Bar
 Canned Tropical Fruit
 Fresh Fruit
Choice of Milk

Tuesday, January 24

Turkey Wrap w/ Lettuce/Cheese
 Tomato in Soft Tortilla
 Curly Fries
 Seasoned Mixed Vegetables
 Fresh Baby Carrots w/ Dip
 Canned Mandarin Oranges / Fresh Fruit
Choice of Milk

Wednesday, January 25

Chicken or Pork BBQ on Bun
 Potato Wedges
 Corn on the Cob
 Cole Slaw
 Chilled Canned Pineapple
 Fresh Fruit
Choice of Milk

Thursday, January 26

Breakfast-4-Lunch
 Scrambled Eggs/
 Sausage/Gravy
 Biscuits (2)
 Hash Brown Potatoes
 Baked Apples / Fresh Fruit
 Choice of Juice or Sidekick
Choice of Milk

Friday, January 27

Corn Dog or Burrito
 Brown Beans
 Mixed Greens
 Buttered Carrots
 Cornbread
 Fruit Crisp/ Fresh Fruit
Choice of Milk

Monday, January 30

Chicken Fajita Wrap
 Lettuce/Cheese/
 Tomato
 Saute' Pepper & Onions
 Steamed Broccoli / Baked Potato
 Whole Wheat Sugar Cookie
 Applesauce / fresh Fruit
Choice of Milk

Tuesday, January 31

Spaghetti w/ Meat Sauce
 French Bread (2)
 Tossed Salad w/ Fat Free Dressing
 Seasoned Green Beans
 Chilled Canned Peaches / Fresh Fruit
 Luigi Sherbet
Choice of Milk



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