




WELCOME TO THE NEW YEAR!
MENUS FOR
JANUARY 2012
Edgewood Babeck, Bloomfield & Seven Mile Schools

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Chionophobia



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!

Word play

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

HELP

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

Eat up.



When kids “eat up,” their grades go up, too. Research strongly suggests that kids who regularly eat balanced, nutritious meals pay better attention in class, participate more, and even score better on tests. We

try to do our part by providing healthy meals at school, so we hope you will encourage your kids to join us often!

Breakfast **Lunch**
\$1.25 **\$2.35**

- **Menus subject to change**
- **Pay online @ www.lunchprepay.com**



Snap out of it!

Yes, the holidays are over, but we're happy to see you — and it won't be too long until Spring Break!

Welcome Back!

Monday, January 9

Lunch
 Mini Corn Dogs
 Mixed Vegetables
 Chilled Strawberries
 Animal Crackers
 Choice of Milk

Breakfast
 Cinnamon Tastries
 Chilled Juice or Fruit
 Choice of Milk

Tuesday, January 10

Lunch
 Totally Taco
 Max Snax w/Salsa
 Seasoned Green Beans
 Fresh Orange
 Choice of Milk

Breakfast
 Cheese Omelet
 Cinnamon Toast
 Chilled Juice or Fruit
 Choice of Milk

Wednesday, January 11

Lunch
 Chicken Patty
 Sandwich on a Bun
 Crispy Tater Tots
 Petite Banana
 Choice of Milk

Breakfast
 Yogurt
 Assorted Cereal
 Chilled Juice or Fruit
 Choice of Milk

Thursday, January 12

Lunch
 Hot Dog or Cheese Coney on a Bun
 Potato Wedges
 Chilled Peaches
 Choice of Milk

Breakfast
 Warm Muffin
 Assorted Cereal
 Chilled Juice or Fruit
 Choice of Milk

Friday, January 13

Lunch
 Popcorn Shrimp w/Seafood Cocktail Sauce
 Warm Breadstick
 Glazed Carrots
 Chilled Fruit
 Choice of Milk

Breakfast
 Fruit Turnover
 Assorted Cereal
 Chilled Juice or Fruit
 Choice of Milk

Wednesday, January 4

Lunch
 Stuffed Crust Pizza
 French Fries
 Chilled Applesauce
 Choice of Milk

Breakfast
 Toaster Pastry
 Assorted Cereal
 Chilled Juice or Fruit
 Choice of Milk

Thursday, January 5

Lunch
 Chicken Nuggets
 Whole Wheat Dinner Roll
 Seasoned Corn
 Chilled Mixed Fruit
 Choice of Milk

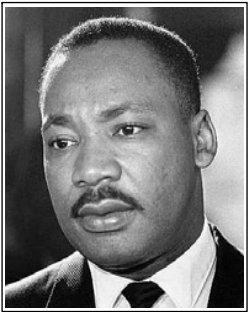
Breakfast
 Apple Granola Bar
 Assorted Cereal
 Chilled Juice or Fruit
 Choice of Milk

Friday, January 6

Lunch
 Hamburger or Cheeseburger on a Bun
 Crisp Pickle Chips
 Waffle Fries
 Chilled Pears
 Choice of Milk

Breakfast
 Pancake & Sausage on a Stick
 Chilled Juice or Fruit
 Choice of Milk

Monday, January 16



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

Tuesday, January 17

Lunch

Cheesy Breadsticks w/Marinara Sauce
Seasoned Corn
Chilled Pears
Choice of Milk

Breakfast

Egg & Cheese Biscuit
Chilled Juice or Fruit
Choice of Milk

Wednesday, January 18

Lunch

Spaghetti
Tossed Salad w/Dressing
Texas Toast
Chilled Applesauce
Choice of Milk

Breakfast

Breakfast Pizza Bagel
Chilled Juice or Fruit
Choice of Milk

Thursday, January 19

Lunch

Grilled Cheese Sandwich on Whole Wheat Bread
Tomato Soup w/Crackers
Carrot Sticks & Dip
Chilled Fruit
Choice of Milk

Breakfast

Biscuit
Sausage Gravy
Chilled Juice or Fruit
Choice of Milk

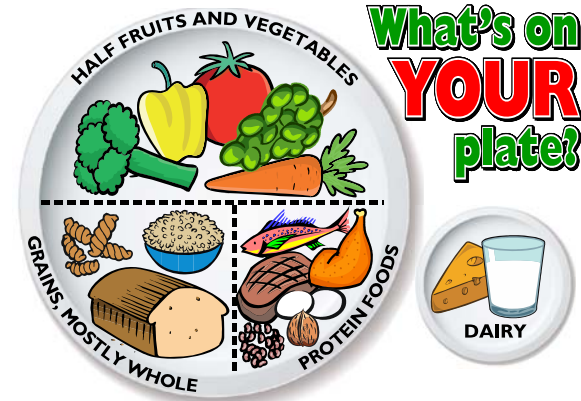
Friday, January 20

Lunch

Chicken Quesadilla Pizza
Seasoned Green Beans
Chilled Peaches
Choice of Milk

Breakfast

Whole Grain French Toast
Sticks w/Warm Syrup
Sausage Link
Chilled Juice or 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

Monday, January 23

Lunch

Hot Dog or Cheese Coney on a Bun
Seasoned Corn
Fresh Delicious Apple
Choice of Milk

Breakfast

Breakfast Pizza
Chilled Juice or Fruit
Choice of Milk

Tuesday, January 24

Lunch

Chicken Nuggets
Au Gratin Potatoes
Chilled Applesauce
Warm Whole Grain Dinner Roll
Choice of Milk

Breakfast

Whole Grain Mini Strawberry Pancakes
Chilled Juice or Fruit
Choice of Milk

Wednesday, January 25

Lunch

Sausage Links
French Toast w/Warm Syrup
Hash Brown Potato
Chilled Orange Juice
Choice of Milk

Breakfast

Whole Grain Toast w/Jelly
Sausage Links
Chilled Juice or Fruit
Choice of Milk

Thursday, January 26

Lunch

Soft Taco w/Lettuce & Cheese
Mexican Fiesta Rice
Tossed Salad w/Dressing
Chilled Peaches
Choice of Milk

Breakfast

Yogurt
String Cheese
Chilled Juice or Fruit
Choice of Milk

Friday, January 27

Lunch

Pepperoni or Cheese Pizza
Waffle Fries
Warm Cinnamon Apple Slices
Choice of Milk

Breakfast

Cinnamon Tastries
Chilled Juice or Fruit
Choice of Milk

Monday, January 30

Lunch

Hamburger or Cheeseburger
Seasoned Green Beans
Chilled Pears
Choice of Milk

Breakfast

Toaster Pastry
Assorted Cereal
Chilled Juice or Fruit
Choice of Milk

Tuesday, January 31

Lunch

Mini Corn Dogs
Choice of Vegetable
Choice of Fruit
Goldfish Crackers
Choice of Milk

Breakfast

Pancake & Sausage on a Stick
Chilled Juice or Fruit
Choice of Milk

PAY NO ATTENTION TO THAT BIRD!



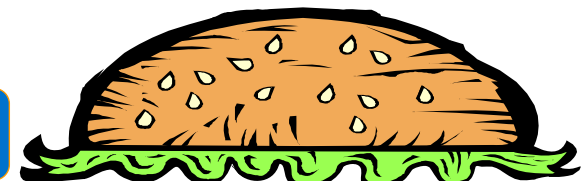
The clock has not run out!
We accept applications for free and reduced-price meals all year long.
It's never too late!

Get in touch with us today to learn more about free and reduced-price meals in our district:
513-867-7433



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



NUTRITION TO GO

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