



HAPPY NEW YEAR!

**MENUS FOR
JANUARY
2012**

**Edgewood Senior High
& Middle School**

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Featured Specials of the Day

Wednesday, January 4

Lunch-Choice of Pizza

Breakfast-Sausage Pancake on a Stick

Thursday, January 5

Lunch-Footlong Cheese Coney

Breakfast-Cinnamon Rolls

Friday, January 6

Lunch-Cheese Filled Breadsticks

Breakfast-Breakfast Biscuit Sandwich

Monday, January 9

Lunch-Chicken Patty Sandwich

Breakfast-Biscuit & Gravy

Tuesday, January 10

Lunch-Breaded Mozzarella Cheese Sticks

Breakfast-Breakfast Pizza

Wednesday, January 11

Lunch-Brunch for Lunch

Breakfast-Sausage Pancake on a Stick

All lunch combos include entrée, choice of fruit, vegetable and milk.

Eat up.



Guess what? When you "eat up," your grades go up, too. Research strongly suggests that when you regularly eat balanced, nutritious meals, you pay better attention in class, participate more, and even score better on tests. We try to do our part by providing healthy meals for you at school, so we hope you will join us often!

Breakfast **Lunch**

\$1.25 **\$2.60**

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

Available Daily

LUNCH PRICES

Student \$2.60 Milk-\$0.50 Adult-\$3.25

Variety of sandwiches, pizza, salads, fresh fruits, snack foods & beverages.

BREAKFAST PRICES

Student \$1.25 Milk-\$0.50 Adult \$2.25

Variety of breakfast sandwiches, assorted cereals, granola bars, fresh fruits, juices.

On Line Payments can be made @ www.lunchprepay.com

* Menu Subject to Change



Snap out of it!

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

Welcome Back!

FIT FAT **WANNA STAY FIT?**

FIGHT THE FAT!



ITEM: Citrus Fruit
VERDICT: 'Tis the Season

TIP: Grapefruits, oranges, tangerines, and clementines are at the peak of their delicious goodness in the winter months.

When you eat a whole fresh orange rather than drink juice, you get 3 grams of fiber in addition to vitamin C and other goodies.



based on as much as you care to eat!

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!

Featured Specials of the Day

Thursday, January 12

Lunch-Spaghetti
Breakfast-Cinnamon Rolls

Friday, January 13

Lunch-Chicken Nuggets
Breakfast-Breakfast Biscuit Sandwich

Monday, January 16

No School—Martin Luther King Day

Tuesday, January 17

Lunch-Beef Chili
Breakfast-Breakfast Pizza

Wednesday, January 18

Lunch-Grilled Cheese w/Tomato Soup
Breakfast-Sausage Pancake on a Stick

Thursday, January 19

Lunch-Beef Soft Taco
Breakfast-Cinnamon Rolls

All lunch combos include entrée, choice of fruit, vegetable and milk.

Featured Specials of the Day

Friday, January 20

Lunch-Quesadilla Pizza
Breakfast-Breakfast Biscuit Sandwich

Monday, January 23

Lunch-Mini Corn Dogs
Breakfast-Biscuit & Gravy

Tuesday, January 24

Lunch-Pork BBQ Sandwich
Breakfast-Breakfast Pizza

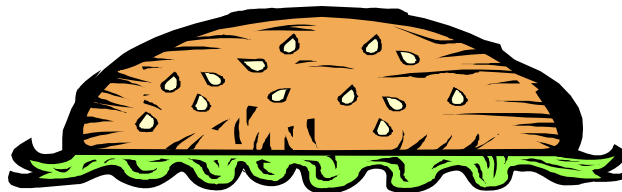
Wednesday, January 25

Lunch-Ravioli w/Warm Breadstick
Breakfast-Sausage Pancake on a Stick

Thursday, January 26

Lunch-Open Face Turkey & Gravy w/Mashed Potatoes
Breakfast-Cinnamon Rolls

All lunch combos include entrée, choice of fruit, vegetable and milk.



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 TEENAGERS

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



YEAR OF THE DRAGON

Featured Specials of the Day

Friday, January 27

Lunch-Popcorn Shrimp w/Mac & Cheese
Breakfast-Breakfast Biscuit Sandwich

Monday, January 30

Lunch-Steak Hoagie
Breakfast-Biscuit & Gravy

Tuesday, January 31

Lunch-Chicken Tenders
Breakfast-Breakfast Pizza

All lunch combos include entrée, choice of fruit, vegetable and milk.

Chionophobia



Word Play

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

Please see reverse for items available daily