



WELCOME TO THE NEW YEAR!
MENUS FOR
JANUARY 2012
Altha Middle/High School

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Wednesday, January 4	Thursday, January 5	Friday, January 6
Breakfast Scrambled Eggs w/ Cheese Grits OR Assorted Cereal and Buttered Toast Assorted Juice	Breakfast Ham and Cheese Biscuit Potato Tots OR Assorted Cereal and Buttered Toast Assorted Juice	Breakfast Pancakes w/ Syrup Sausage Patty OR Assorted Cereal and Buttered Toast Assorted Juice
Lunch Hot Dog Mac and Cheese Garden Peas Flavored Apple Sauce	Lunch Turkey Pot Pie w/ Biscuit Mixed Vegetables Peach Cup	Lunch Stuffed Crust Pizza Garden Salad Fresh Fruit Home Baked Cookie

Chionophobia



Wednesday, January 11
Breakfast French Toast Sticks w/ Syrup Sausage Patty OR Assorted Cereal and Buttered Toast Assorted Juice
Lunch Ham and Cheese Sub Potato Rounds Pineapple Tidbits Brownie

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:
 850-674-8144 ext. 226**

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**
\$1.00 **\$2.00**

**Get in touch with us today to learn more about free and reduced-price meals in our district:
 diana.alday@calhounflschools.org**

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 9	Tuesday, January 10
Breakfast Sausage and Egg Biscuit Potato Tots OR Assorted Cereal and Buttered Toast Assorted Juice	Breakfast Scrambled Eggs w/ Cheese Grits OR Assorted Cereal and Buttered Toast Assorted Juice
Lunch Fish Nuggets Baked Beans Cold Slaw Corn Bread	Lunch Salisbury Steak w/ Gravy Buttered Rice Turnip Greens W/W Roll Fruit Cup
Thursday, January 12	Friday, January 13
Breakfast Grits and Ham Cubes Banana Muffin OR Assorted Cereal and Buttered Toast Assorted Juice	Breakfast Sausage Gravy and Biscuit OR Assorted Cereal and Buttered Toast Assorted Juice
Lunch Spaghetti w/ Meat Sauce Green Beans Garlic Bread Stick\ Mixed Fruit Cup	Lunch Cheese Pizza Garden Salad Fresh Fruit

Monday, January 16



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

Tuesday, January 17

Breakfast

Scrambled Eggs
Grits OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Chicken Tetrazzini
Broccoli/Cauliflower
Polonaise
Corn Bread
Tropical Fruit

Wednesday, January 18

Breakfast

Ham and Cheese Biscuit
Potato Tots OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Beef Vegetable Soup
Grilled Cheese Sandwich
Garden Salad
Cinnamon Roll

Thursday, January 19

Breakfast

Waffle w/ Syrup
Sausage Patty OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Sliced Turkey Roast w/ Gravy
Buttered Rice
W/K Corn
W/W Roll
Mixed Fruit Cup

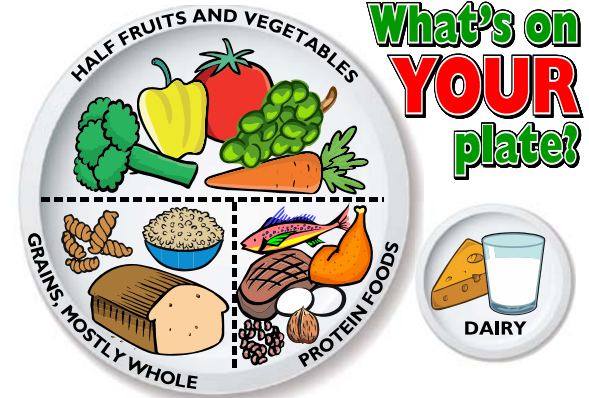
Friday, January 20

Breakfast

Egg and Cheese Wrap
Potato Tots OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Cheese Pizza
Garden Salad
Fresh Fruit



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

Breakfast

Pancakes w/ Syrup
Sausage Patty OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Hot Dog
Potato Rounds
Mixed Vegetables
Flavored Apple Sauce

Tuesday, January 24

Breakfast

Scrambled Eggs
Cheese Grits OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Chili
Grilled Cheese Sandwich
Carrot Sticks
Peach Cup
Cinnamon Roll

Wednesday, January 25

Breakfast

Ham and Cheese Biscuit
Potato Tots OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Chicken Nuggets
Rice w/ Gravy
Buttered Carrots
Mixed Fruit

Thursday, January 26

Breakfast

Cheese Toast
Grits and Ham Cubes OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Chicken Fajita Tacos w/
Cheese
Lettuce Tomato
W/K Corn
Fresh Fruit

Friday, January 27

Breakfast

French Toast Sticks w/ Syrup
Sausage Patty
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Cheese Pizza
Garden Salad
Fresh Fruit

Monday, January 30

Breakfast

Sausage Gravy and
Biscuit OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Chicken BBQ Sandwich
Baked Potato Rounds
Mixed Fruit

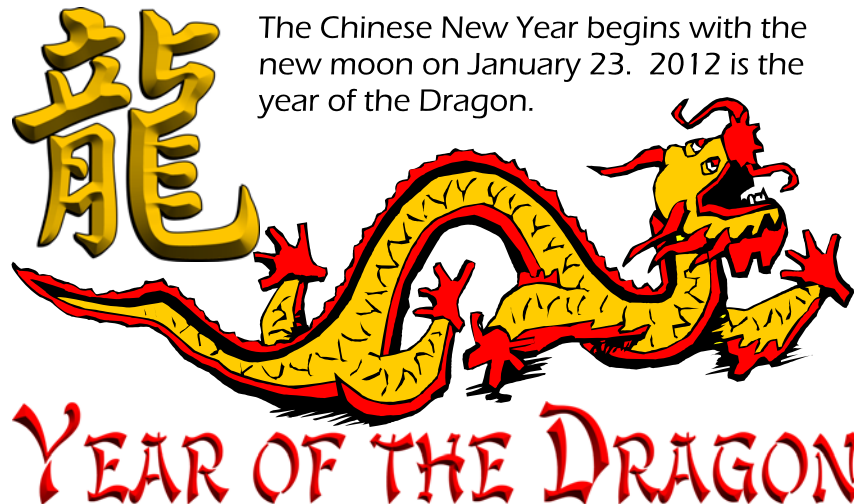
Tuesday, January 31

Breakfast

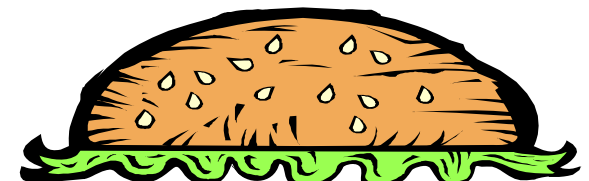
Pancakes w/ Syrup
Sausage Patty OR
Assorted Cereal w/
Buttered Toast
Assorted Juice

Lunch

Baked Ziti
Garden Salad
Garlic Bread Stick
Fresh Fruit



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



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