

WELCOME TO THE NEW YEAR!

MENUS FOR JANUARY 2012

Lafayette Parish School System Child Nutrition Services

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!

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 \$1.50

Get in touch with us today to learn more about free and reduced-price meals in our district:
 337-521-7375 or bslally@lpssonline.com

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!

Monday, January 9

Breakfast
 Scrambled Eggs
 Cheesy Grits
 Juice
 Milk Choice

Lunch
 Tacos
 Whole Kernel Corn
 Chopped Lettuce/Tomatoes
 Strawberry Banana Cup
 Cinnamon Roll
 Milk Choice

Tuesday, January 10

Breakfast
 Glazed Pancakes
 Cereal
 Juice
 Milk Choice

Lunch
 Corn Dog
 Potato Wedges
 Baby Carrots/Ranch Dip
 Pineapple Tidbits
 Vanilla Pudding/Topping
 Milk Choice

Wednesday, January 11

Breakfast
 Breakfast Pizza
 Juice
 Milk Choice

Lunch
 Meatball Stew
 Steamed Rice
 Lima Beans
 Wheat Roll
 Fresh Apple Salad
 Milk Choice

Thursday, January 12

Breakfast
 Blueberry Muffin
 Cereal
 Juice
 Milk Choice

Lunch
 Vegetable Beef Soup
 Grilled Cheese Sandwich
 Rosy Pears
 Apple Cinnamon Grahams
 Milk Choice

Friday, January 13

NO SCHOOL
 ELEMENTARY INSERVICE

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

Wednesday, January 4

Breakfast
 Pancake & Sausage on Stick
 Syrup Cup
 Juice
 Milk Choice

Lunch
 Chicken Nuggets
 Macaroni & Cheese
 Vegetable Blend
 Hot Roll
 Pineapple Dots
 Milk Choice

Thursday, January 5

Breakfast
 French Toast Sticks
 Cereal
 Juice
 Milk Choice

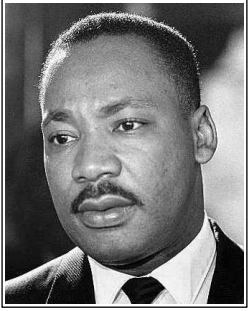
Lunch
 Sausage Creole & Rice
 Blackeye Peas
 Mixed Green Salad
 Garlic Bread
 Fresh Red Apple
 Milk Choice

Friday, January 6

Breakfast
 Breakfast Combo
 Buttered Grits
 Juice
 Milk Choice

Lunch
 Hot Dog with Chili & Cheese
 Sweet Potato Fries
 Fresh Fruit Salad
 Graham Crackers
 Milk Choice

Monday, January 16



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

Tuesday, January 17

Breakfast
Cinnamon Waffle
Cereal
Juice
Milk Choice

Lunch
Red Beans & Sausage
Steamed Rice
Popeye Salad
Cornbread
Pineapple Tidbits
Milk Choice

Wednesday, January 18

Breakfast
Pancake & Sausage on Stick
Syrup Cup
Juice
Milk Choice

Lunch
Chicken Spaghetti
Seasoned Green Beans
Garlic Bread
Glazed Apples
Milk Choice

Thursday, January 19

Breakfast
French Toast Sticks
Cereal
Juice
Milk Choice

Lunch
Pork Roast
Rice Dressing
Candied Yams
Wheat Roll
Sliced Apricots
Milk Choice

Friday, January 20

Breakfast
Breakfast Combo
Buttered Grits
Juice
Milk Choice

Lunch
Fish Sandwich with Cheese
Potato Wedges
Sandwich Salad Cup
Orange Wedges
Vanilla Bear Grahams
Milk Choice

Monday, January 23

Breakfast
Scrambled Eggs
Cheesy Grits
Juice
Milk Choice

Lunch
Pepperoni Pizza
Corn Coblette
Mixed Green Salad
Chilled Peaches
Brownie
Milk Choice

Tuesday, January 24

Breakfast
Glazed Pancakes
Cereal
Juice
Milk Choice

Lunch
Pig In A Blanket /Chili
Baked Chips
Popeye Salad
Fruit Gelatin/Topping
Milk Choice

Wednesday, January 25

Breakfast
Breakfast Pizza
Juice
Milk Choice

Lunch
Egg Roll
Stir Fried Rice
Asian Vegetables
Pineapple Dots
Sugar Cookie
Milk Choice

Thursday, January 26

Breakfast
Blueberry Muffin
Cereal
Juice
Milk Choice

Lunch
Baked Chicken
Mashed Potatoes & Gravy
Seasoned Green Beans
Wheat Roll
Mixed Fruit Salad
Milk Choice

Friday, January 27

Breakfast
Biscuit with Jelly
Breakfast Sausage Patty
Juice
Milk Choice

Lunch
BBQ Burger
Baked Beans
Red Grapes
Lemon Grahams
Milk Choice

Monday, January 30

Breakfast
Ham & Cheese Omelet
Grits
Juice
Milk Choice

Lunch
Homemade Chili
Mixed Green Salad
Cornbread
Strawberry Cup
Milk Choice

Tuesday, January 31

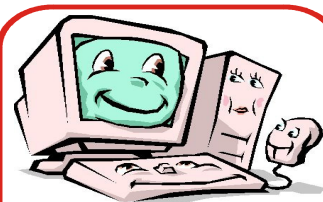
Breakfast
Cinnamon Waffle
Cereal
Juice
Milk Choice

Lunch
Pork Jambalaya
Buttered Carrots
Wheat Roll
Mixed Fruit Cup
Milk Choice

Lunch Money Needed Daily.
LPSS No-Charge Policy.

Meal Cost for January
Breakfast \$23.75
Lunch \$28.50

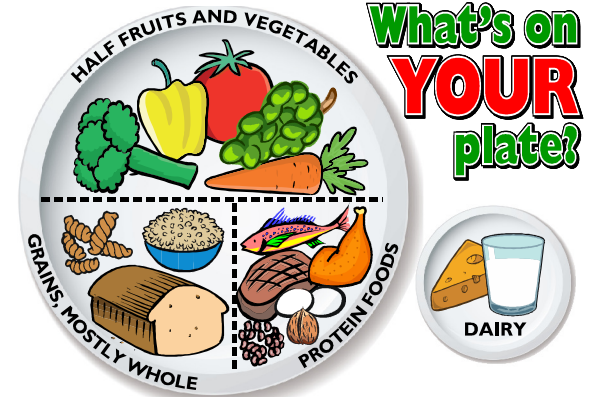
A snack meal will be available for students who do not have lunch money.



PARENTS:

For your convenience and peace of mind, you can pay for meals online at

www.lpssonline.com
or call 337-521-7370 for more information.

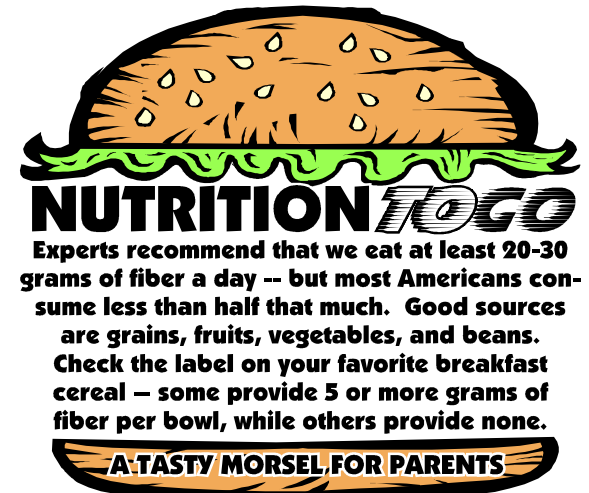


Purple Carrots?!



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



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.