

WELCOME TO THE NEW YEAR!

# MENUS FOR JANUARY 2012

Olympia School District, Elementary and ORLA Schools

This institution is an equal opportunity provider.

WE'RE LOOKING FOR A FEW EXTRA SETS OF HANDS.



A JOB IN YOUR CHILD'S SCHOOL CAFETERIA ALLOWS YOU TO BE AT HOME WHEN YOUR FAMILY NEEDS YOU THERE. SUBSTITUTE POSITIONS ARE AVAILABLE. CALL TODAY FOR MORE INFORMATION. 596-7063

## 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!

**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!**

**Breakfast** **Lunch**

**\$1.50** **\$2.35**

Get in touch with us today to learn more about free and reduced-price meals in our district:  
**360-596-7007**

Tuesday, January 3	Wednesday, January 4	Thursday, January 5	Friday, January 6
<p>A) Tony's Pepperoni Pizza B) Tony's Cheese Pizza Organic Choice Salad Bar Whole Wheat Roll Milk</p> <p>Cereal or Cereal Bar String Cheese</p>	<p><b>ONE HOUR LATE START</b></p> <p>A) Hamburger B) Garden Burger Oven Baked Potato Wedges Organic Choice Salad Bar Milk</p> <p>Chocolate Cherry Muffin</p>	<p><b>BRUNCH FOR LUNCH</b></p> <p>A) Whole Wheat Pancakes Topped with Locally Made Syrup Egg Patty &amp; Sausage Link Organic Choice Salad Bar Milk</p> <p>Bagel with Cream Cheese</p>	<p>A) Chicken Nuggets B) Vegetarian Chili with Shredded Cheese Organic Choice Salad Bar Corn Bread Milk</p> <p>Biscuit &amp; Egg Patty</p>
Monday, January 9	Tuesday, January 10	Wednesday, January 11	Thursday, January 12
<p>A) Turkey Corn Dog with Whole Wheat Breading B) Hummus with Pita Bread Organic Choice Salad Bar Milk</p> <p>Cereal or Cereal Bar String Cheese</p>	<p>A) Macaroni and Cheese Green Beans Organic Choice Salad Bar Milk</p> <p>Whole Wheat Pancakes</p>	<p>A) Chickenwich B) Garden Burger Oven Baked Fries Organic Choice Salad Bar Milk</p> <p>Breakfast Pizza</p>	<p>A) Oven Baked Chicken B) Sun Butter and Locally Made Jelly Sandwich Whole Kernel Corn Organic Choice Salad Bar Banana Bread Milk</p> <p>Breakfast Burrito</p>
Friday, January 13			
<p>A) Roasted Chicken Sicilian Pizza B) Tony's Cheese Pizza Caesar Salad Organic Choice Salad Bar Milk</p> <p>Apple Turnover</p>			

Monday, January 16



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

Tuesday, January 17

- A) Nachos with Taco Meat and Refried Beans Cooked Together
  - B) Bean and Cheese Burrito Salsa and Sour Cream
- Organic Choice Salad Bar  
Milk

Cereal or Cereal Bar  
String Cheese

Wednesday, January 18

- A) Hamburger
  - B) Garden Burger
- Oven Baked Potato Wedges  
Organic Choice Salad Bar  
Milk

Taco Omelette

Thursday, January 19

- A) Spaghetti with Meatballs
  - B) Spaghetti without Meatballs
- Organic Choice Salad Bar  
Max Stick  
Milk

Biscuit & Egg Patty

Friday, January 20

- A) Tony's Pepperoni Pizza
  - B) Tony's Cheese Pizza
- Organic Choice Salad Bar  
Whole Wheat Roll  
Milk

Bagel with Cream Cheese

Monday, January 23

- A) Teriyaki Beef Dippers
  - B) Vegetarian Chili with Shredded Cheese
- Organic Choice Salad Bar  
Whole Wheat Roll  
Milk

Cereal or Cereal Bar  
String Cheese

Tuesday, January 24

- A) Chicken Teriyaki
  - B) Cheese Quesadilla
- Steamed Rice  
Organic Choice Salad Bar  
Milk

French Toast

Wednesday, January 25

- A) Chickenwich
  - B) Garden Burger
- Oven Baked Fries  
Organic Choice Salad Bar  
Milk

Breakfast Pizza

Thursday, January 26

- A) Turkey Noodle Casserole
  - B) Sun Butter and Locally made Jelly Sandwich
- Organic Choice Salad Bar  
Banana Bread  
Milk

Pancake and Sausage on a Stick

Friday, January 27

- A) Roasted Chicken Sicilian Pizza
  - B) Tony's Cheese Pizza
- Caesar Salad  
Organic Choice Salad bar  
Milk

Cheese Omelette

Monday, January 30

- A) Turkey Corn Dog with Whole Wheat Breading
  - B) Hummus with Pita Bread
- Organic Choice Salad Bar  
Milk

Cereal or Cereal Bar  
String Cheese

Tuesday, January 31

- A) Chicken Nuggets
  - B) Vegetarian Chili with Shredded Cheese
- Organic Choice Salad Bar  
Corn Bread  
Milk

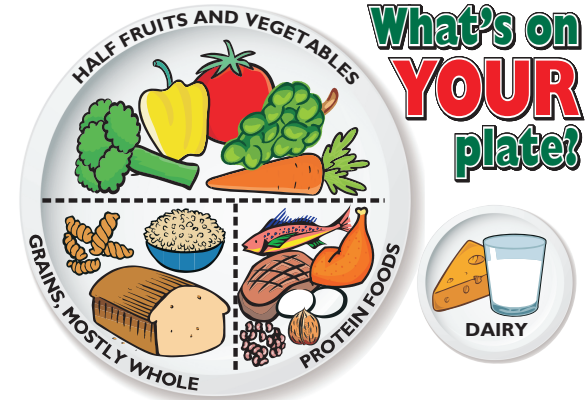
Belgian Waffle

**START DANCING! PAY NO ATTENTION TO THAT BIRD!**



**NO HIGH FRUCTOSE CORN SYRUP IN OUR FAT FREE CHOCOLATE MILK!**

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**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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**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**