

**WELCOME TO THE NEW YEAR!**

# MENUS FOR JANUARY 2012

**Columbia County Elementary Schools**  
*This institution is an equal opportunity provider.*

**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!**

**Tuesday, January 3**

**Breakfast**  
Ham & Cheese Biscuit

**Lunch**  
Pepperoni Pizza Round & Crispy Oven Fries

**Special: Capital Cookies**

**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!

**HELP**

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

**Wednesday, January 4**

**Breakfast**  
Fortified Honey Bun

**Lunch**  
Hearty Beef & Bean Chili With Saltine Crackers & Fresh Baked Cinnamon Roll

**Thursday, January 5**

**Breakfast**  
Egg & Cheese Biscuit

**Lunch**  
Country-Fried Steak With Gravy Honey Wheat Roll & Whipped Potatoes


**Special: Chef's Cookie**

**Friday, January 6**

**Breakfast**  
Pancake Pup With Syrup

**Lunch**  
Crispy Fish Sticks With Honey Wheat Roll & Steamed Broccoli

**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

**Monday, January 9**

**Breakfast**  
French Toast Sticks With Syrup

**Lunch**  
Turkey & Gravy with Steamed Rice Honey Wheat Roll & Seasoned Green Beans

**Tuesday, January 10**

**Breakfast**  
Sausage Biscuit

**Lunch**  
Homestyle Vegetable Beef Soup With Saltine Crackers & Grilled Cheese Sandwich

**Special: Chef's Cookie**

**Available Daily**

<b>Breakfast</b>	<b>Lunch</b>
Assorted Cereal	Peanut Butter & Jelly Sandwich Plate
Whole Wheat Toast With Jelly	Yogurt & Cheese Plate
Assorted Juices	Hot Vegetable of the Day
Fruit	Seasonal Fresh Fruit
Choice of Milk	Assorted Chilled Fruit
	Garden Salad With Dressing
	Choice of Milk

**Wednesday, January 11**

**Breakfast**  
Reduced Fat Donut

**Lunch**  
Pepperoni or Cheese Pizza & Golden Sweet Potato Puffs

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**      **\$2.00**

*Get in touch with us today to learn more about free and reduced-price meals in our district. We accept applications all school year. (386) 755-8046*

**Thursday, January 12**

**Breakfast**  
Ham & Cheese Biscuit

**Lunch**  
Spaghetti & Meatsauce Honey Wheat Roll & Tender Mixed Vegetables

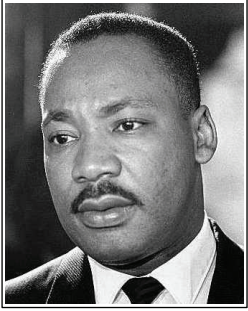
**Special: State Cookies**

**Friday, January 13**

**Breakfast**  
Pancake Pup with Syrup

**Lunch**  
Mandarin Orange Chicken With Steamed Rice Honey Wheat Roll & Steamed Broccoli

Monday, January 16



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

Tuesday, January 17

**Breakfast**  
Egg & Cheese Biscuit

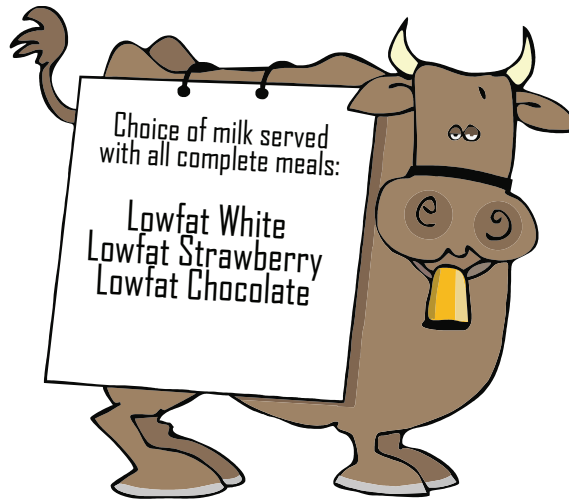
**Lunch**  
Cheeseburger on Bun & Baked Beans

**Special: Chef's Cookie**

Wednesday, January 18

**Breakfast**  
Fruit Muffin with String Cheese

**Lunch**  
Breaded Chicken Nuggets  
Honey Wheat Roll & Whipped Potatoes



Thursday, January 19

**Breakfast**  
Reduced Fat Donut

**Lunch**  
Homestyle Macaroni & Cheese  
Honey Wheat Roll & Tender Collard Greens

**Special: Chef's Cookie**

Friday, January 20

**Breakfast**  
Sausage Biscuit

**Lunch**  
Crispy Shrimp Poppers With Sweet Corn Fritters & Baby Lima Beans

Monday, January 23

**Breakfast**  
Waffles with Syrup

**Lunch**  
Teriyaki Chicken With Steamed Rice  
Honey Wheat Roll & Seasoned Green Beans

Tuesday, January 24

**Breakfast**  
Ham & Cheese Biscuit

**Lunch**  
Pepperoni Pizza Round & Crispy Oven Fries

**Special: Capital Cookies**

Wednesday, January 25

**Breakfast**  
Fortified Honey Bun

**Lunch**  
Hearty Beef & Bean Chili With Saltine Crackers & Fresh Baked Cinnamon Roll



## 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

Thursday, January 26

**Breakfast**  
Egg & Cheese Biscuit

**Lunch**  
Country-Fried Steak With Gravy  
Honey Wheat Roll & Whipped Potatoes

**Special: Chef's Cookie**

Friday, January 27

**Breakfast**  
Pancake Pup With Syrup

**Lunch**  
Crispy Fish Sticks With Honey Wheat Roll & Steamed Broccoli



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

Monday, January 30

**Breakfast**  
French Toast Sticks With Syrup

**Lunch**  
Turkey & Gravy with Steamed Rice  
Honey Wheat Roll & Seasoned Green Beans

Tuesday, January 31

**Breakfast**  
Sausage Biscuit

**Lunch**  
Homestyle Vegetable Beef Soup With Saltine Crackers & Grilled Cheese Sandwich

**Special: Chef's Cookie**

**MealpayPlus**  
Online Prepayment System  
Powered by Horizon Software International, LLC

**BREAKFAST**  
\$1.25

**LUNCH**  
\$2.00

Pay for meals on-line at [Mealpayplus.com](http://Mealpayplus.com)!