

WELCOME TO THE NEW YEAR!

MENUS FOR JANUARY 2012

Derry Cooperative School District Child Nutrition Program

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Wednesday, January 4	Thursday, January 5	Friday, January 6
<p><i>Choose One</i> Swedish Meatballs Ham Salad Sub Chicken Bacon Ranch Sub *****</p> <p><i>Choose Up To Three</i> Buttered Noodles Broccoli, Salad Fresh Fruit, Chilled Fruit Juice *****</p> <p>Choice of Milk</p>	<p><i>Choose One</i> Baked Rotini Tuna Tomato Salad Plate Chef's Choice *****</p> <p><i>Choose Up To Three</i> Garlic Bread Stick Green Beans, Salad Fresh Fruit, Chilled Fruit Juice *****</p> <p>Choice of Milk</p>	<p><i>Choose One</i> Pepperoni Pizza Slice Chef's Choice *****</p> <p><i>Choose Up To Three</i> Pretzel Rods Veggie Stix/Dip, Salad Fresh Fruit, Chilled Fruit Juice *****</p> <p>Choice of Milk</p>

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

Choose One
Chicken O's
Pizza Burger

Choose Up To Three
Nacho Chips, Potato Puffs
Salad, Carrots
Fresh Fruit, Chilled Fruit
Juice

Choice of Milk

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 **Elementary \$2.15**
Middle \$2.35

Get in touch with us today to learn more about free and reduced-price meals in our district:
432-1231 or sboroskas@derry.k12.nh.us

Monday, January 9	Tuesday, January 10
<p><i>Choose One</i> Chicken Nuggets Hot Dog/Bun *****</p> <p><i>Choose Up To Three</i> Pasta Salad, French Fries Salad, Green Beans Fresh Fruit, Chilled Fruit Juice *****</p> <p>Choice of Milk</p>	<p><i>Choose One</i> Nachos/Beef & Cheese w/Lettuce Tomato Salsa Chicken Parmesan/Bun *****</p> <p><i>Choose Up To Three</i> Rice, Salad Corn Fresh Fruit, Chilled Fruit Juice **Pudding *****</p> <p>Choice of Milk</p>

Chionophobia

Word play

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

Wednesday, January 11

Choose One
Spaghetti/Meat Sauce
Baked Potato/Brocc & Cheese
Chick/Celery/Peach Sal Plate

Choose Up To Three
WW Bread Stick, Salad, Broccoli
Fresh Fruit, Chilled Fruit
Juice

Choice of Milk

Thursday, January 12

Choose One
Mozz Cheese Sticks/Sauce
Turkey Club Sub
Chef's Choice

Choose Up To Three
Goldfish, Potato Starz
Salad, Peas
Fresh Fruit, Chilled Fruit
Juice

Choice of Milk

Friday, January 13

Choose One
French Bread Pizza
Chef's Choice

Choose Up To Three
Macaroni Salad, Salad
Carrots
Fresh Fruit, Chilled Fruit
Juice

Choice of Milk

Monday, January 16



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

Tuesday, January 17

Choose One
Popcorn Chicken
Ham & Cheese Sub

Choose Up To Three
Nacho Chips, Salad
Warm Cinnamon Peaches
Fresh Fruit, Chilled Fruit
Juice

Choice of Milk

Wednesday, January 18

Choose One
Roasted Chicken Breast/Bun
Fresh Fruit Plate

Choose Up To Three
Grahams Crackers, Salad
Veggie Stix/Dip
Fresh Fruit, Chilled Fruit
Juice

Choice of Milk



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

Thursday, January 19

Choose One
Shepherd's Pie
Chicken Salad Sub
Chef's Choice

Choose Up To Three
Dinner Roll, Salad
Corn, Fresh Fruit,
Chilled Fruit, Juice
**Hot Fruit Crisp

Choice of Milk

Friday, January 20

Choose One
Cheese Pizza
Chef's Choice

Choose Up To Three
Spaghetti/Garlic Butter
Salad, Peas
Fresh Fruit, Chilled Fruit
Juice, **Cake

Choice of Milk

Monday, January 23

Choose One
Chicken Stix
Baked Potato
w/ Vegetarian Chilli

Choose Up To Three
Teddy Grahams, Salad
Green Beans
Fresh Fruit, Chilled Fruit
Juice

Choice of Milk

Tuesday, January 24

Choose One
Hot Ham & Cheese Croissant
Macaroni & Cheese

Choose Up To Three
French Dinner Roll,
Salad, Peas
Fresh Fruit, Chilled Fruit
Juice, **Yogurt

Choice of Milk

Wednesday, January 25

Choose One
Spaghetti/Meatsauce
Caesar Salad Pocket
w/Egg or Chicken
Fun Fish Nuggets

Choose Up To Three
Garlic Bread, Salad, Carrots
Fresh Fruit, Chilled Fruit
Juice

Choice of Milk

Thursday, January 26

Choose One
Roast Turkey Gravy
Hot Dog/Bun

Choose Up To Three
Dinner Roll, Mashed Potato
Carrots, Salad,
Fresh Fruit, Chilled Fruit
Juice, **Pudding

Choice of Milk

Friday, January 27

Choose One
Pizza Sticks/Sauce
Chef's Choice

Choose Up To Three
Spaghetti /Sauce
Salad, Broccoli Salad
Fresh Fruit, Chilled Fruit
Juice

Choice of Milk



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

Monday, January 30

Choose One
Chicken Patty/Bun
Tuna Salad Sub

Choose Up To Three
Macaroni Salad
Salad, Green Beans
Fresh Fruit, Chilled Fruit
Juice

Choice of Milk

Tuesday, January 31

Choose One
Soft Chicken Taco w/Cheese
w/Lettuce Tomato Salsa
Meatball Sub

Choose Up To Three
Green Cabbage Saute
Salad, Rice
Fresh Fruit, Chilled Fruit
Juice

Choice of Milk

