

HAPPY NEW YEAR! HAVE FUN COLOR ME! 2012 HAPPY NEW YEAR!

January

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

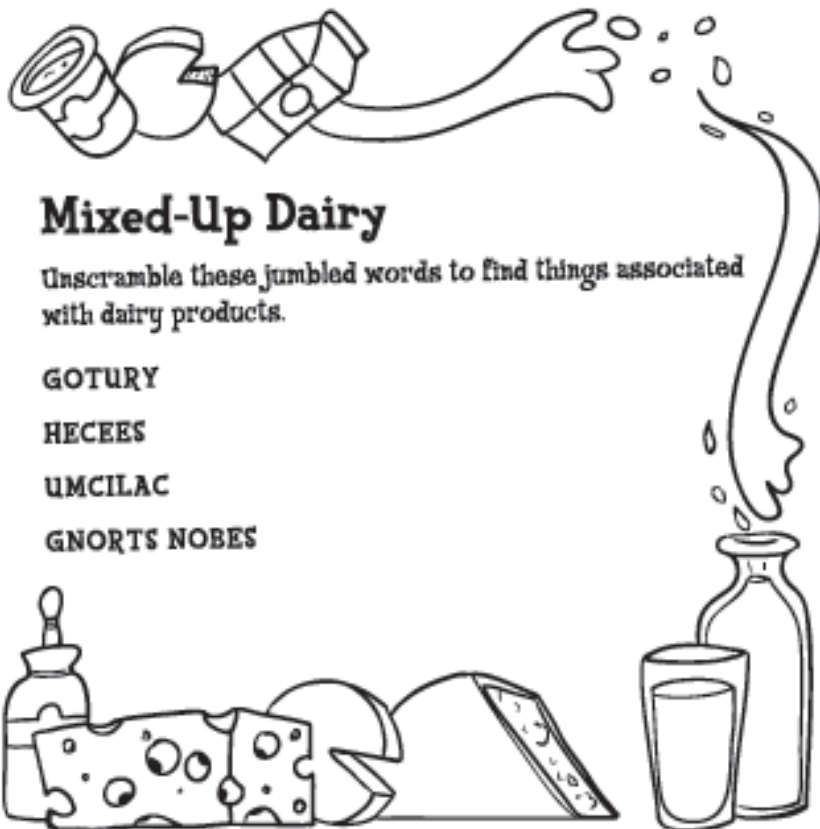
<p>2</p> <p>HOLIDAY</p>	<p>3 STEAK FINGERS Mashed Potatoes Peas & Carrots Fresh Fruit Choice Texas Toast Milk Breakfast: Pancakes, Juice, Milk</p>	<p>4 CHICKEN FAJITAS Refried Beans Lettuce & Tomato Mixed Fruit Sherbet Cup Milk Breakfast: Biscuit, Honey, Juice, Milk</p>	<p>5 PEPPERONI PIZZA Lettuce & Tomato Mixed Vegetables Fruited Gelatin/Topping Milk Breakfast: Scrambled Eggs, Toast, Juice, Milk</p>	<p>6 HAMBURGER Baby Carrots/Ranch Potato Rounds Burger Salad Fresh Orange Milk Breakfast: Breakfast Pizza, Juice, Milk</p>
<p>9 TOASTED HAM & CHEESE SANDWICH Veggie Dippers Fresh Orange Baked Chips Chocolate Chip Cookie Milk Breakfast: Yogurt, Graham Cracker, Juice, Milk</p>	<p>10 CHICKEN NUGGETS Mashed Potatoes Seasoned Carrots Strawberries & Bananas Wheat Roll Milk Breakfast: Omelet, Toast, Juice, Milk</p>	<p>11 BEEF TACOS Lettuce & Tomatoes Pinto Beans Spanish Rice Gelatin/Topping Milk Breakfast: Breakfast Pizza, Juice, Milk</p>	<p>12 FISH STRIPS Broccoli, Rice & Cheese Tossed Salad Blushing Pears Wheat Roll Milk Breakfast: Sausage Patty, Biscuit, Juice, Milk</p>	<p>13 CHICKEN PATTY ON A WHEAT BUN Potato Rounds Burger Salad Apricots Chocolate Pudding Milk Breakfast: Pancake on a Stix, Juice, Milk</p>
<p>16</p> <p>HOLIDAY</p>	<p>17 ENCHILADAS Pinto Beans Lettuce & Tomato Cinnamon Applesauce Cornbread Milk Breakfast: Oatmeal Breakfast Round, Juice, Milk</p>	<p>18 RAVIOLI Green Beans Apricots Tossed Salad/Ranch Garlic Bread Milk Breakfast: Scrambled Eggs, Tortilla, Juice, Milk</p>	<p>19 POPCORN CHICKEN Mashed Potatoes Seasoned Carrots Mixed Fruit Texas Toast Milk Breakfast: Biscuit, Jelly, Juice, Milk</p>	<p>20 HAMBURGER Baby Carrots/Ranch Potato Rounds Burger Salad Cherry Freeze Bar Milk Breakfast: Waffles, Juice, Milk</p>
<p>23 STEAK FINGERS Mashed Potatoes Peas & Carrots Fresh Fruit Choice Texas Toast Milk Breakfast: Yogurt, Graham Cracker, Juice, Milk</p>	<p>24 PEPPERONI PIZZA Mixed Vegetables Tossed Salad/Ranch Fresh Orange Gelatin/Topping Milk Breakfast: Omelet, Toast, Juice, Milk</p>	<p>25 (EARLY RELEASE) HOAGIE SANDWICH Multi Grain Chips Burger Salad Apple Milk Breakfast: Waffles, Juice, Milk</p>	<p>26 CORNDOG Baked Beans Veggie Dippers Blushing Pears Chocolate Pudding Milk Breakfast: Biscuit, Gravy, Juice, Milk</p>	<p>27 CHOPPED BBQ ON A BUN Potato Rounds Pickle Spears Peaches Milk Breakfast: Scrambled Eggs, Tortilla, Juice, Milk</p>
<p>30 CHILI CHEESE BAKED POTATO Seasoned Broccoli Tossed Salad/Ranch Cherry Freeze Bar Wheat Roll Milk Breakfast: Pancake on a Stix, Juice, Milk</p>	<p>31 PIZZA STIXS/Sauce Corn on Cob Tossed Salad/Ranch Apricots Gelatin/Topping Milk Breakfast: Cinnamon Toast, Juice, Milk</p>	<p>EAT SCHOOL MEALS!</p>		



What does **CALCIUM** bring me?

Maybe They Should Call it **COW-cium!**

Do dairy cows make good dentists? Probably not. But they certainly help you have a bright, healthy smile. That's because the milk they provide is **LOADED** with calcium, the mineral responsible for strong teeth and bones. You need a combination of low fat milk, yogurts and cheeses to meet your daily calcium needs. And, did you know that dark leafy greens like spinach, broccoli and kale also contribute to the calcium you need daily? A lot to smile about!



Mixed-Up Dairy

Unscramble these jumbled words to find things associated with dairy products.

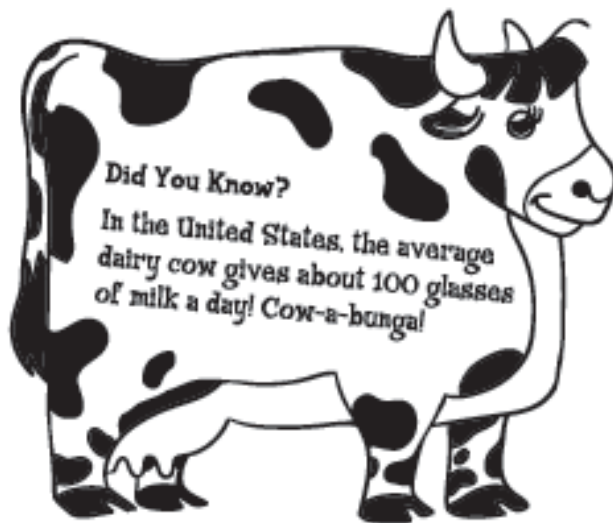
GOTURY

HECEES

UMCILAC

GNORTS NOBES

(Answers: Yogurt, Cheese, Cream, Strong Brew)

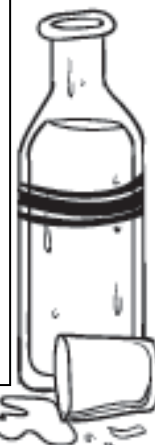


OUR CAFETERIA BRINGS IT!

SLATON ISD
 MENUS ARE SUBJECT TO CHANGE.
 Alternate Daily Breakfast is Cereal, Toast, Juice, & Milk.

Complete only ONE Free & Reduced Application per family. Meals may be prepaid any day from 7am to 8:30am, but will be accepted at any time. Students are only allowed TWO CHARGERS.

Meal Prices:
 BREAKFAST: Full \$1.50 Reduced \$.30 Teacher & Guest \$2.00
 LUNCH: Elementary Full \$2.00 Secondary Full \$2.50 Reduced \$.40 Teacher \$3.00 Guest \$4.00



Food and Nutrition

100% OF HEALTHY LIVING
 Education, Exercise and Eating Right
 TEXAS DEPARTMENT OF AGRICULTURE
 COMMISSIONER TODD STAPLES

Some meals in the Texas Department of Agriculture's Nutrition Education and Outreach program funded by the U.S. Department of Agriculture, Food & Nutrition Service.

www.squaremeals.org

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