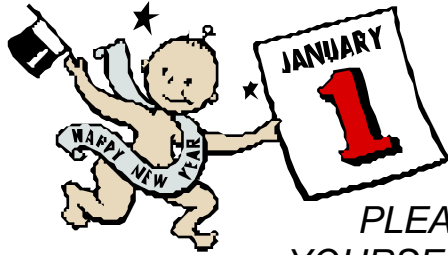
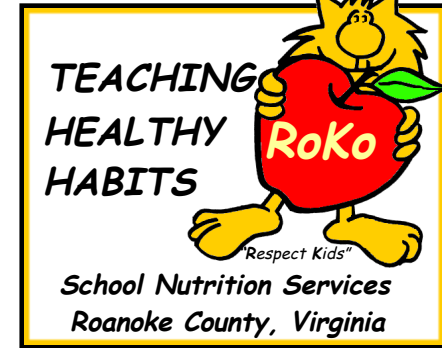


Do you feel stuck? Want more energy?  
Get energized with a school lunch!



**\* SCHOOL LUNCH is a Nutritional SLAM DUNK!**  
\* 1/3 of Recommended Daily Allowances of required Vitamins & Minerals



PLEASE CONDUCT  
YOURSELF ACCORDINGLY  
IN THE NEW YEAR

**LUNCH PRICES**  
Full.....\$2.05  
Reduced.....40¢  
Adult.....\$2.60

**LUNCH OPTIONS**  
CHEF SALAD  
PB&J UNCRUSTABLE  
YOGURT

CHOICE OF MILK OFFERED DAILY

**Good Help Wanted**  
Work only when your child is in school.  
Snow days, holidays & summers off!  
**Substitute positions open.**

We hire for positions from our sub list.  
If interested call **562-3788**



I want a school lunch!

Walking the dog is a great way to exercise.

BE ACTIVE...STAY ACTIVE...PLAY ACTIVE!

**JANUARY 2012  
ELEMENTARY**

ROANOKE COUNTY PUBLIC SCHOOLS  
SCHOOL NUTRITION SERVICES

**Dry Beans are Country Ham-Flavored**  
Pinto, Northern, BE Peas, Red Beans, Hoppin' John

**MONDAY 2**  
CMAIXTIX w/ MARINARA  
CHEESEBURGER on BUN

.. CHOOSE TWO ..  
SHOESTRING POTATOES  
STEWED TOMATOES  
STEAMED CABBAGE  
DICED PEARS

**TUESDAY 3**  
RoKo's or HAWAIIAN PIZZA  
BBQ PORK RIB SUB with pickles

.. CHOOSE TWO ..  
SEASONED GREEN BEANS  
HOMESTYLE HOPPIN' JOHN  
ORANGE GLAZED YAMS  
FRUIT JUICE SHERBET/SHAPE-UP

**WEDNESDAY 4**  
BEEFY-CHZY TOSTITO SCOOPS  
GENERAL TSO'S CHIK'N on  
ORIENTAL RICE  
\*Tanky Orange Glazed Popcorn Chik'n on Oriental Rice\*

.. CHOOSE TWO ..  
SUGAR SNAP PEAS  
FRUIT CRISP  
GLAZED CARROTS  
PINEAPPLE TIDBITS

**THURSDAY 5**  
SALISBURY STEAK / WW ROLL  
TURKEY CORNDOG NUGGETS

.. CHOOSE TWO ..  
MASHED POTATOES & GRAVY  
SEASONED BABY LIMAS  
MANAGER CHOICE VEGGIE  
SLICED PEACHES

**FRIDAY 6**  
CHICK'N NUGGETS / WW ROLL  
PASTA w/ MEATSAUCE/ WW ROLL

.. CHOOSE TWO ..  
CURLY FRIES  
SEASONED BROCCOLI  
ASSORTED FRUIT or JUICE

**MONDAY 9**  
BREAKFAST - 4 - LUNCH  
CHIK'N PATTY on BUN

.. CHOOSE TWO ..  
PANNED APPLES  
COUNTRY POTATOES  
SEASONED PEAS & CARROTS  
MANDARIN ORANGES

**TUESDAY 10**  
RoKo's PIZZA  
GRILLED CHEESE w/ SOUP

.. CHOOSE TWO ..  
STEAMED CABBAGE  
HOMESTYLE RED BEANS & RICE  
SEASONED CORN  
SPICED APPLESAUCE

**WEDNESDAY 11**  
STROMBOLI  
HOT TURKEY BISCUIT

.. CHOOSE TWO ..  
SEASONED GREEN BEANS  
TOSSED SALAD  
HOMESTYLE BLACK EYED PEAS  
FRUITED JELLO

**THURSDAY 12**  
PORK STEAK & GRAVY / WW ROLL  
GRILLED CHIK'N on BUN w/ L&T

.. CHOOSE TWO ..  
MASHED POTATOES & GRAVY  
SEASONED GREEN PEAS  
HOMESTYLE BROWN BEANS  
PINEAPPLE TIDBITS



Get energized.

Teacher  
Workday.  
Student  
Exercise  
Day.

# JANUARY 2012

Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you too, can become great. ~ Mark Twain

# ELEMENTARY MENU



It's never too busy to get physical.



SCHOOL CLOSED HOLIDAY



## TUESDAY 17

*RoKo's* or BBQ CHIK'N PIZZA  
BEEFY CHILI w/ DORITOS

•• CHOOSE TWO ••  
SEASONED CORN  
HOMESTYLE NORTHERN BEANS  
SEASONED KALE  
SLICED PEACHES

## WEDNESDAY 18

TACOS w/Tomato-Lettuce-Cheese  
TEXAS PORK BBQ on BUN w/ slaw

•• CHOOSE TWO ••  
SEASONED TATER  
TOSSED SALAD  
REFRIED BEANS  
DICED PEARS

## THURSDAY 19

SALISBURY STEAK / WW ROLL  
CHIK'N PATTY on BUN

•• CHOOSE TWO ••  
MASHED POTATOES & GRAVY  
SEASONED MIXED VEGETABLES  
CORN COBBETTE  
MANDARIN ORANGES

## FRIDAY 20

CHICK'N NUGGETS  
CRUNCHY SEA NUGGETS w/tarter  
*choice* MAC & CHEESE or WW ROLL

•• CHOOSE TWO ••  
BBQ BAKED BEANS  
SEASONED CALIF. BLEND VEGGIES  
ASSORTED FRUIT or JUICE

## MONDAY 23

MAXSTIX w/ MARINARA  
GENERAL TSO'S CHIK'N on  
ORIENTAL RICE

•• CHOOSE TWO ••  
SHOESTRING POTATOES  
STEWED TOMATOES  
STEAMED CABBAGE  
DICED PEARS

## TUESDAY 24

*RoKo's* PIZZA  
PORK CHORIZO RICE BOWL

•• CHOOSE TWO ••  
SEASONED GREEN BEANS  
HOMESTYLE HOPPIN' JOHN  
ORANGE GLAZED YAMS  
FRUIT JUICE SHERBET/SHAPE-UP

## WEDNESDAY 25

BEEFY-CHIZY TOSTITO SCOOPS  
TURKEY PIG - IN - A - BLANKET

•• CHOOSE TWO ••  
SUGAR SNAP PEAS  
FRUIT CRISP  
GLAZED CARROTS  
PINEAPPLE TIDBITS

## THURSDAY 26

PORK STEAK & GRAVY / WW ROLL  
GRILLED CHIK'N on BUN w/ L&T

•• CHOOSE TWO ••  
MASHED POTATOES & GRAVY  
SEASONED BABY LIMAS  
MANAGER CHOICE VEGGIE  
SLICED PEACHES

## FRIDAY 27

POPCORN CHICK'N / WW ROLL  
MEATBALL WRAP

•• CHOOSE TWO ••  
CURLY FRIES  
SEASONED BROCCOLI  
ASSORTED FRUIT or JUICE

## MONDAY 30

BREAKFAST - 4 - LUNCH  
BEEFY CHILI w/ DORITOS

•• CHOOSE TWO ••  
PANNED APPLES  
COUNTRY POTATOES  
SEASONED PEAS & CARROTS  
MANDARIN ORANGES

## TUESDAY 31

*RoKo's* or PEP'RONI & BEEF PIZZA  
GRILLED CHEESE w/ SOUP

•• CHOOSE TWO ••  
STEAMED CABBAGE  
HOMESTYLE RED BEANS & RICE  
SEASONED CORN  
SPICED APPLESAUCE



## What are the nutritional requirements for school lunch?

School meals must meet the Dietary Guidelines for Americans, which recommend that no more than 30 percent of an individual's calories come from fat, and less than 10 percent from saturated fat. Regulations also establish a standard for school lunches to provide one-third of the Recommended Dietary Allowances of protein, Vitamin A, Vitamin C, iron, calcium, and calories.



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