

GET IN GEAR.



Whatever your favorite activity is, you're not fully equipped unless you're sporting the right lid, pads, gloves, mouthpiece, goggles, and anything else you need to stay safe. So buckle that chin strap and get in gear!

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

Monday, January 16



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

Tuesday, January 17

Breakfast
 Breakfast Burrito

Lunch
 -Popcorn Chicken Bowl & Roll
 -BBQ Pork Sandwich
 -Caesar Salad & Bosco Stick
 -Deli Sandwich
 Sweet Corn
 Chilled Applesauce
 Cold Milk

Wednesday, January 18

Breakfast
 Pancake & Sausage on a Stick

Lunch
 -Toasted Ravioli & Bosco Stick
 -Hot Turkey & Cheese Sandwich
 -Chef Salad & Bosco Stick
 -Deli Sandwich
 Green Beans
 Craisins
 Cold Milk

Thursday, January 19

Breakfast
 Banana Muffins

Lunch
 -Bacon Cheeseburger
 -Breaded Chicken Sandwich
 -Caesar Salad & Bosco Stick
 -Deli Sandwich
 Cheesy Broccoli
 Chilled Peaches
 Cold Milk

Friday, January 20

Breakfast
 Mini Waffles & Syrup

Lunch
 -Straw Hat
 -Chef Salad & Bosco Stick
 -Deli Sandwich
 Rancho Beans
 Fresh Apple
 Cold Milk

Weird SCIENCE

Make a "rubber" egg!

You'll Need:

- ✓ a raw egg
- ✓ white vinegar
- ✓ a beaker or other plastic container

- 1 Place the raw egg in the container and cover it with vinegar.
- 2 After 24 hours, gently prod the egg with your finger. Does it feel soft and elastic like rubber? (If not, replace the vinegar with fresh vinegar and wait another 24 hours.)
- 3 **Congratulations!** You have used the vinegar to "decalcify" the egg. The egg shell contains a substance called "calcium carbonate." The acid in the vinegar dissolves the calcium carbonate in the egg shell, and what's left is soft and flexible rather than hard and rigid. **You've created a rubber egg!**
- 4 Poke the egg (gently) with a fork until you pierce the shell and the yolk and white come out. The shell should look like a popped balloon!



Monday, January 23

Breakfast
 Breakfast Pizza

Lunch
 -Pepperoni Pizza
 -Mini Corn Dogs
 -Popcorn Chicken Salad & Bosco Stick
 -Deli Sandwich
 Seasoned Carrots
 Mixed Fruit
 Cold Milk

Tuesday, January 24

Breakfast
 Sausage Biscuit

Lunch
 -Chicken Strips & Mini Waffles
 -BBQ Ribette Sandwich
 -Caesar Salad & Bosco Stick
 -Deli Sandwich
 Baked Beans
 Chilled Applesauce
 Cold Milk

Wednesday, January 25

Breakfast
 Parfait & Nutri-grain Bar

Lunch
 -Mozzarella Sticks & Dipping Sauce
 -Hamburger on Bun
 -Chef Salad & Bosco Stick
 -Deli Sandwich
 Steamed Broccoli
 Strawberry Cup
 Cold Milk

Thursday, January 26

Breakfast
 Biscuit & Gravy

Lunch
 -Chili Dog / Hot Dog
 -Hot & Spicy Chicken Sandwich
 -Caesar Salad & Bosco Stick
 -Deli Sandwich
 Green Beans
 Chilled Peaches
 Cold Milk

Friday, January 27

Breakfast
 Waffle Sausage Sandwich

Lunch
 -Chicken Nuggets & Roll
 -Sloppy Joe Sandwich
 -Chef Salad & Bosco Stick
 -Deli Sandwich
 Mashed Potatoes & Gravy
 Orange Smiles
 Cold Milk

Monday, January 30

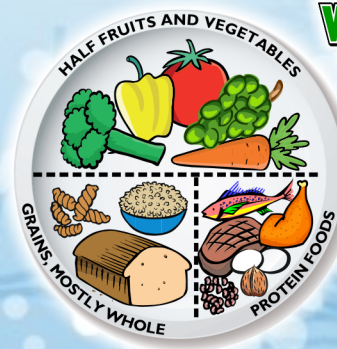
Breakfast
 Chicken Biscuit

Lunch
 -Cheese Pizza
 -Mini Corn Dogs
 -Popcorn Chicken Salad
 -Deli Sandwich
 Seasoned Carrots
 Chilled Pears
 Cold Milk

Monday, January 31

Breakfast
 Pop Tarts

Lunch
 -Sausage, Egg & Cheese Croissant
 -Breaded Chicken Sandwich
 -Caesar Salad & Bosco Stick
 -Deli Sandwich
 Emoji Smiles
 Chilled Applesauce
 Cold Milk



What's on YOUR plate?



Because he mashed the eggs, whipped the potatoes, and cream!

Q: Why did the food think the chef was such a mean guy?

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html