

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!

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 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
-Fish Sticks & Dinner Roll
-Chef Salad & Bosco Stick
-Deli Sandwich
Ranchero Beans
Fresh Apple
Cold Milk

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

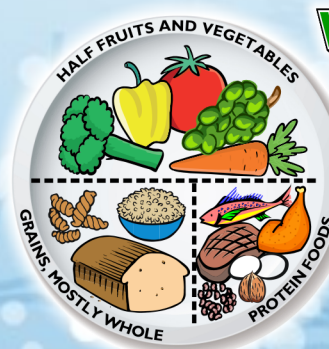
Breakfast
Chicken Biscuit

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 beat the eggs, mashed the potatoes, and whipped the 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