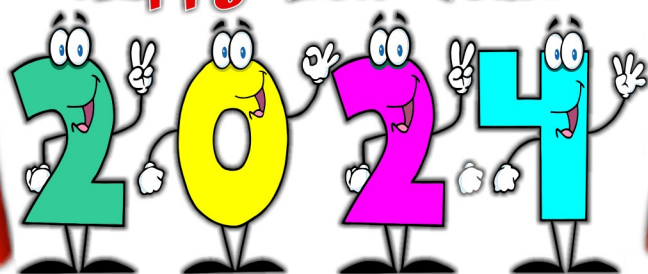


Happy New Year!



St. Mary Parish School District
This institution is an equal opportunity provider and employer.

Word of the Month

ser·vice

noun 1. help, use, benefit <happy to be of *service*> 2. contribution to the welfare of others 3. a helpful act <did her a *service*>

Monday, January 8

Breakfast

Eggstravaganza
 Toast
 Pears
 Juice
 Milk

Lunch

Mandarin Orange
 Chicken
 Fried Rice
 Egg Roll
 Oriental Vegetables
 Broccoli
 Mixed Fruit
 Juice
 Milk

Tuesday, January 9

Breakfast

Toaster Pastry
 Peaches
 Juice
 Milk

Lunch

Meatloaf
 Loaded Mashed
 Potatoes
 Carrot Coins
 Mixed Fruit
 Roll
 Juice
 Milk

Wednesday, January 10

Breakfast

Maple Waffle
 Chicken Sandwich
 Fruit Cocktail
 Juice
 Milk

Lunch

Chicken Tenders
 White Beans
 Green Beans
 Applesauce
 Roll
 Juice
 Milk

Thursday, January 11

Breakfast

Sausage Biscuit
 Pears
 Juice
 Milk

Lunch

BBQ Hamburger
 Lettuce/Tomato
 Onion Rings
 Apple
 Juice
 Milk

Friday, January 12

Breakfast

Cinnamon Roll
 Banana
 Juice
 Milk

Lunch

Pepperoni Pizza
 Tossed Salad
 Corn
 Orange
 Juice
 Milk

HERB/SPICE

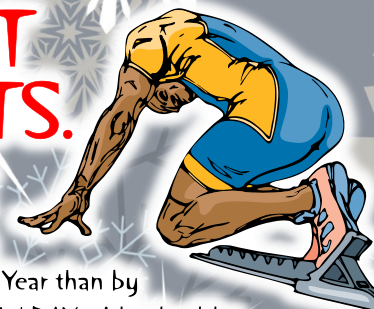
Cayenne

Cayenne peppers are the source of the familiar red pepper spice used around the world to flavor dishes. One ingredient in cayenne peppers (capsaicin) is a natural pain reliever, and the peppers also help prevent stomach ulcers, clear congestion, and boost immunity.

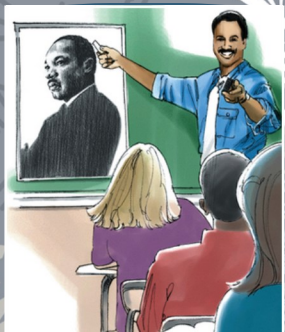


GREAT STARTS.

A fast start is so important. And what better way to start the New Year than by starting each NEW DAY with a healthy, complete breakfast? You'll have more energy, be more alert, and feel full through the morning!



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



*School will be closed
Monday, January 15
in recognition of
Martin Luther King, Jr.'s
birthday.*

Tuesday, January 16

Breakfast

Cereal
Fruit Cocktail
Juice
Milk

Lunch

Red Beans and
Sausage
Broccoli
Carrot Coins
Cornbread
Juice
Milk

Wednesday, January 17

Breakfast

Breakfast Pizza
Pears
Juice
Milk

Lunch

Spaghetti with
Meat Sauce
Green Beans
California Blend
Peaches
Garlic Breadstick
Juice
Milk

Thursday, January 18

Breakfast

Chicken Pattie
Biscuit
Apple Fruit Cup
Juice
Milk

Lunch

Chicken Fajitas
Taco Salad Cup
Cheese Cup
Refried Beans
Mandarin Oranges
Juice
Milk

Friday, January 19

Breakfast

Maple Waffle
Chicken Sandwich
Pineapple Tidbits
Juice
Milk

Lunch

Hamburger
Fries
Lettuce/Pickle Cup
Orange
Juice
Milk



**Which of these prehistoric
life forms is NOT extinct?**



Monday, January 22

Breakfast

Chocolate Chip Muffin
Top
Pears
Juice
Milk

Lunch

Mandarin Orange
Chicken
Fried Rice
Egg Roll
Oriental Vegetables
Broccoli
Mixed Fruit
Juice
Milk

Tuesday, January 23

Breakfast

Toast
Grits
Fruit Cocktail
Juice
Milk

Lunch

Hamburger Steak with
Gravy
Loaded Mashed Potatoes
Carrot Coins
Mixed Fruit
Roll
Juice
Milk

Wednesday, January 24

Breakfast

Cereal
Peaches
Juice
Milk

Lunch

BBQ Chicken
White Beans
Green Beans
Applesauce
Roll
Juice
Milk

Thursday, January 25

Breakfast

Mini Waffle Chicken
Bites
Cinnamon Toast
Pears
Juice
Milk

Lunch

BBQ Hamburger
Onion Rings
Apple
Juice
Milk

Friday, January 26

Breakfast

Donut Holes
Banana
Juice
Milk

Lunch

Pepperoni Pizza
Tossed Salad
Corn
Marinara Cup
Orange
Juice
Milk

Monday, January 29

Breakfast

Blueberry Muffin
Peaches
Juice
Milk

Lunch

Red Beans with Rice
Spinach
California Bland
Mixed Fruit
Cornbread
Juice
Milk

Tuesday, January 30

Breakfast

Cinnamon Roll
Pears
Juice
Milk

Lunch

Corn Dog
Sweet Potato Tots
Lima Beans
Frozen Strawberry
Cup
Juice
Milk

Wednesday, January 31

Breakfast

Breakfast Pizza
Fruit Cocktail
Juice
Milk

Lunch

Chicken Stew
Potato Salad
Carrot Coins
Pineapples
Roll
Juice
Milk

The home stretch!



**Just a few more
months to go in
the school year!
YOU CAN DO IT!
And we want to
help! While you
concentrate on
the finish line,
we'll keep you
fueled up with
tasty, nutritious
food!**

STEGOMASTODON -- a six-ton elephant-like behemoth.
MEGATHERIUM -- a four-ton giant ground sloth. And the
AVOCADO?! The first two are extinct -- and the third probably
should be. The avocado plant developed its large seed (it was
even larger back then) because very big animals would eat the
fruit whole in one gulp, seed and all, and help the plant spread
to new areas. When most of the big mammals died off 10,000
or more years ago, the avocado should have disappeared with
them -- birds and tiny mammals can't begin to swallow and
disperse a seed that big! But somehow the wild avocado
survived thousands of years until humans learned to cultivate
the delicious fruit. And the avocado's future survival was
guaranteed when man discovered the Super Bowl and started
cranking out lots of guacamole every winter!!

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