



Featured Specials of the Day

Tuesday, January 3

Deep Dish Pizza
Or

BBQ Beef Strips

Wednesday, January 4

Mini Tacos

Or

Meatball Sub

Thursday, January 5

Mashed Potato Bowl w/Chicken & Corn

Or

Turkey & Cheese Wrap

Friday, January 6

Grilled Cheese Sandwich

Or

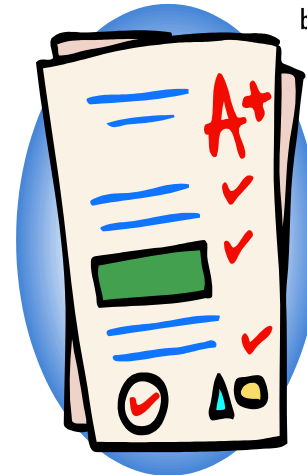
Fish Sandwich

Log onto www.mynutrikids.com to monitor your child's school meal account.

Eat up.

Guess what? When you "eat up," your grades go up, too. Research strongly suggests that when you regularly eat

balanced, nutritious meals, you pay better attention in class, participate more, and even score better on tests. We try to do our part by providing healthy meals for you at school, so we hope you will join us often!



Lunch

Elementary—\$1.90
Secondary—\$2.15
Reduced—\$.40

Get in touch with us today to learn more about free and reduced-price meals in our district:
301-766-2890

Available Daily

All meals include a choice of milk and two selections of fruits and vegetables.

An assortment of fresh, frozen, and canned fruits and vegetables will be available everyday.

FIT FAT

WANNA STAY FIT?

FIGHT THE FAT!

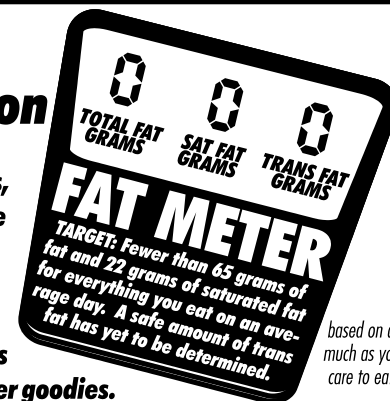


ITEM: Citrus Fruit

VERDICT: 'Tis the Season

TIP: Grapefruits, oranges, tangerines, and clementines are at the peak of their delicious goodness in the winter months.

When you eat a whole fresh orange rather than drink juice, you get 3 grams of fiber in addition to vitamin C and other goodies.



based on as much as you care to eat!

DO IT FOR YOU, TOO.

Volunteering isn't just good for those who might need your help -- it's good for you, too. Serving as a volunteer has been shown to improve self-confidence, teach job skills, combat depression, and increase physical activity among volunteers of all ages. That's a wellness win-win!



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

Featured Specials of the Day

Monday, January 9

Hamburger
Or

Chicken Fajita on Flatbread

Tuesday, January 10

Baked Ziti w/Garlic Breadstick

Or

Cold Cut Sub

Wednesday, January 11

Shrimp Poppers w/Mac & Cheese

Or

BBQ Chicken Wrap

Thursday, January 12

Chicken Tenders

Or

Hot Ham & Cheese on Flatbread

Friday, January 13

Cheese Quesadilla w/Black Bean Salsa

Or

French Toast w/Sausage

Featured Specials of the Day

Monday, January 16

*School will be closed on Monday, January 16
in honor of Martin Luther King, Jr.'s Birthday*



Tuesday, January 17

Breaded Chicken Patty Sandwich

Or

Nachos Supreme Salad

Wednesday, January 18

Chicken & Broccoli Teriyaki

Or

Turkey Sub

Thursday, January 19

Baked Mac & Beef

Or

Pizza Steak Sub

Friday, January 20

Flatbread Pizza

Or

Fish Sandwich

DON'T LET THIS HAPPEN TO YOU!!!

SURELY, IF NICK SHOOK HARD ENOUGH, THE REMAINS OF HIS SMASHED SANDWICH WOULD EVENTUALLY COME UNGLUED FROM THE BOTTOM OF HIS BACKPACK.



Nutrition analysis of this typical School Lunch Combo:

Vegetable Chili
Wheat Roll w/Butter
Mashed Potatoes
Apple Cobbler

Total calories: 782
Calories from protein: 15%
Cal. from carbohydrates: 59%
Calories from fat: 26%



The Chinese New Year begins with the new moon on January 23. 2012 is the year of the Dragon.



YEAR OF THE DRAGON

Featured Specials of the Day

Tuesday, January 24

Lasagna w/Breadstick

Or

Buffalo Chicken on Flatbread

Wednesday, January 25

Baked BBQ Chicken Leg-E

Breaded Chicken Patty Sandwich-S

Or

Ham & Cheese Wrap

Thursday, January 26

Tacos

Or

Chicken Salad Sandwich

Friday, January 27

Mozzarella Cheese Sticks w/Marinara

Or

Egg & Cheese on Biscuit

Monday, January 30

Sweet & Sour Chicken

Or

Club Sandwich

Tuesday, January 31

Chicken Parmesan Sandwich

Or

Steak & Cheese Sub

