



January 2012

ST ROSE ELEMENTARY MENU

	Tuesday	Wednesday	Thursday	Friday
Monday	3 Baked Chicken Nuggets served with Dipping Sauce, Baked Tator Tots and Applesauce 1% White or Non-Fat Chocolate Milk	4 v-Cheese Pizza served with a Tossed Garden Shaker Salad with Dressing and Croutons and Fresh Orange Smiles 1% White or Non-Fat Chocolate Milk	5 *Teriyaki Beef and Rice Bowl served with Stir Fried Vegetables, Chilled Diced Pears and a Fortune Cookie 1% White or Non-Fat Chocolate Milk	6 *Parma-Rosa Spaghetti with a Cheese Slice Mixed Green Salad, Low Fat Dressing, Breadstick and Garden Peas 1% White or Non-Fat Chocolate Milk
9 Baked Cheese Sticks with Marinara served with Baby Carrots, Spinach Salad with Low Fat Ranch 1% White or Non-Fat Chocolate Milk	10 Whole Grain Pizza Pocket served with Seasoned Fresh Broccoli Bites and a Crisp Washington Apple 1% White or Non-Fat Chocolate Milk	11 v-Fruit and Yogurt Parfait served with a Cheese Stick, Slim Baby Carrots and Teddy Grahams 1% White or Non-Fat Chocolate Milk	12 *Cheeseburger on a Whole Grain Whole Grain Bun, Oven Baked Fries and Fresh Orange Wedges 1% White or Non-Fat Chocolate Milk	13 *Beef, Bean and Cheese Burrito served with Corn, and a Garden Crisp Salad with Low Fat-Dressing 1% White or Non-Fat Chocolate Milk
16 Martin Luther King Holiday No School	17 Chicken Sandwich served with Baked Sweet Potato Fries and Garden Salad with Low Fat Dressing 1% White or Non-Fat Chocolate Milk	18 A. A. Milne's Birthday Piglet in a Blanket, Christopher Robin Potato Smiles, Rabbit's Favorite Carrots, and Winnie the Pooh Chocolate Grahams 1% White or Non-Fat Chocolate Milk	19 Brunch For Lunch v-Cheddar Cheese Omelet, served with Hashbrown Gems, Orange Wedges and a Muffin 1% White or Non-Fat Chocolate Milk	20 Hot Dog served with Chilled Diced Peaches and Broccoli Salad 1% White or Non-Fat Chocolate Milk
23 Indoor BBQ Charbroiled BBQ Hamburger on a Whole Grain Bun, Baked Tator Tots, Fresh Broccoli Bites and *Homemade Applesauce Cake 1% White or Non-Fat Chocolate Milk	24 Beef and Cheese Enchiladas served with Refried Beans, Mexi-Corn and Winter Sunshine Orange Smiles 1% White or Non-Fat Chocolate Milk	25 *v- Baked Macaroni and Cheese served with Mixed Fruit, Crisp Vegetarian Caesar Salad with Croutons and Legumes 1% White or Non-Fat Chocolate Milk	26 *Chicken Chow Mein served over Steamed Brown Rice, with Diced Pears and a Fortune Cookie 1% White or Non-Fat Chocolate Milk	27 Lunch TBA Possibly 8th Grade Fundraiser (Longview School District not in session today)
30 Pepperoni Pizza served with Baby Carrots, Chilled Diced Peaches and an *Oatmeal Raisin Cookie 1% White or Non-Fat Chocolate Milk	31 BBQ Chicken Bites with Baked Beans, *Southern Style Coleslaw, Mixed Fruit and a Home-style Biscuit 1% White or Non-Fat Chocolate Milk	Winter Sunshine <p>During the dark days of winter there's nothing better than a beautiful, bright, sweet, juicy orange to help us feel the sunshine of warmer climates. Citrus fruits, such as oranges and grapefruits ripen during the winter months and are usually abundant in January.</p> <p>There are many different kinds of oranges and tangerines. They are all packed with vitamin C and helpful phyto-chemicals that protect cells. Vitamin C helps keep skin and gums healthy, may help shorten a cold, and helps the body absorb iron.</p> <p>A single orange supplies a day's requirement of this vitamin. It's a good idea to eat at least one vitamin C rich food everyday. They're high in fiber and low in calories too!</p> <p>You can find fresh oranges at least once a week on this month's menu! Taste the sunshine!</p>		

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