



**WELCOME TO THE NEW YEAR!**  
**MENUS FOR**  
**JANUARY 2012**  
**Blountstown Elementary School**

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Wednesday, January 4	Thursday, January 5	Friday, January 6
<b>Breakfast</b> Scrambled Eggs w/ Cheese Grits OR Assorted Cereal and Buttered Toast Assorted Juice	<b>Breakfast</b> Ham and Cheese Biscuit Potato Tots OR Assorted Cereal and Buttered Toast Assorted Juice	<b>Breakfast</b> Pancakes w/ Syrup Sausage Patty OR Assorted Cereal and Buttered Toast Assorted Juice
<b>Lunch</b> Hot Dog Mac and Cheese Garden Peas Flavored Apple Sauce	<b>Lunch</b> Turkey Pot Pie w/ Biscuit Mixed Vegetables Peach Cup	<b>Lunch</b> Stuffed Crust Pizza Garden Salad Fresh Fruit Home Baked Cookie

# Chionophobia



"Chionophobia" is the fear of snow or being snowbound.

Wednesday, January 11
<b>Breakfast</b> French Toast Sticks w/ Syrup Sausage Patty OR Assorted Cereal and Buttered Toast Assorted Juice
<b>Lunch</b> Ham and Cheese Sub Potato Rounds Pineapple Tidbits Brownie

## PAY NO ATTENTION TO THAT BIRD!



The clock has not run out!  
 We accept applications for free and reduced-price meals all year long.  
 It's never too late!

Get in touch with us today to learn more about free and reduced-price meals in our district:  
**850-674-8144 ext. 226**

# Eat up.



When kids "eat up," their grades go up, too. Research strongly suggests that kids who regularly eat balanced, nutritious meals pay better attention in class, participate more, and even score better on tests. We try to do our part by providing healthy meals at school, so we hope you will encourage your kids to join us often!

**Breakfast**      **Lunch**  
**\$1.00**      **\$2.00**

Get in touch with us today to learn more about free and reduced-price meals in our district:  
[diana.alday@calhounflschools.org](mailto:diana.alday@calhounflschools.org)

## 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!**

Monday, January 9	Tuesday, January 10
<b>Breakfast</b> Sausage and Egg Biscuit Potato Tots OR Assorted Cereal and Buttered Toast Assorted Juice	<b>Breakfast</b> Scrambled Eggs w/ Cheese Grits OR Assorted Cereal and Buttered Toast Assorted Juice
<b>Lunch</b> Fish Nuggets Baked Beans Cold Slaw Corn Bread	<b>Lunch</b> Salisbury Steak w/ Gravy Buttered Rice Turnip Greens W/W Roll Fruit Cup
Thursday, January 12	Friday, January 13
<b>Breakfast</b> Grits and Ham Cubes Banana Muffin OR Assorted Cereal and Buttered Toast Assorted Juice	<b>Breakfast</b> Sausage Gravy and Biscuit OR Assorted Cereal and Buttered Toast Assorted Juice
<b>Lunch</b> Spaghetti w/ Meat Sauce Green Beans Garlic Bread Stick\ Mixed Fruit Cup	<b>Lunch</b> Cheese Pizza Garden Salad Fresh Fruit

Monday, January 16



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

Tuesday, January 17

**Breakfast**

Scrambled Eggs  
Grits OR  
Assorted Cereal w/  
Buttered Toast  
Assorted Juice

**Lunch**

Cheese Burger  
Lettuce/Tomato  
Potato Rounds  
Tropical Fruit

Wednesday, January 18

**Breakfast**

Ham and Cheese Biscuit  
Potato Tots OR  
Assorted Cereal w/  
Buttered Toast  
Assorted Juice

**Lunch**

Beef Vegetable Soup  
Grilled Cheese Sandwich  
Garden Salad  
Cinnamon Roll

Thursday, January 19

**Breakfast**

Waffle w/ Syrup  
Sausage Patty OR  
Assorted Cereal w/  
Buttered Toast  
Assorted Juice

**Lunch**

Sliced Turkey Roast w/ Gravy  
Buttered Rice  
W/K Corn  
W/W Roll  
Mixed Fruit Cup

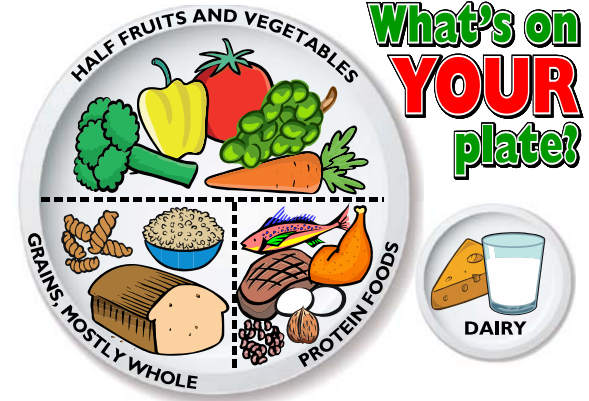
Friday, January 20

**Breakfast**

Egg and Cheese Wrap  
Potato Tots OR  
Assorted Cereal w/  
Buttered Toast  
Assorted Juice

**Lunch**

Cheese Pizza  
Garden Salad  
Fresh Fruit



What's on YOUR plate?

# Purple Carrots?!



It's true -- until a few hundred years ago, carrots were purple, not orange. Dutch farmers in the late 16th century began to take "mutant" white and yellow carrots and cultivate them selectively until they had developed something closer to the sweet, tasty orange carrots we love today!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Monday, January 23

**Breakfast**

Pancakes w/ Syrup  
Sausage Patty OR  
Assorted Cereal w/  
Buttered Toast  
Assorted Juice

**Lunch**

Hot Dog  
Potato Rounds  
Mixed Vegetables  
Flavored Apple Sauce

Tuesday, January 24

**Breakfast**

Scrambled Eggs  
Cheese Grits OR  
Assorted Cereal w/  
Buttered Toast  
Assorted Juice

**Lunch**

Chili  
Grilled Cheese Sandwich  
Carrot Sticks  
Peach Cup  
Cinnamon Roll

Wednesday, January 25

**Breakfast**

Ham and Cheese Biscuit  
Potato Tots OR  
Assorted Cereal w/  
Buttered Toast  
Assorted Juice

**Lunch**

Chicken Nuggets  
Rice w/ Gravy  
Buttered Carrots  
Mixed Fruit

Thursday, January 26

**Breakfast**

Cheese Toast  
Grits and Ham Cubes OR  
Assorted Cereal w/  
Buttered Toast  
Assorted Juice

**Lunch**

Chicken Fajita Tacos w/  
Cheese  
Lettuce Tomato  
W/K Corn  
Fresh Fruit

Friday, January 27

**Breakfast**

French Toast Sticks w/ Syrup  
Sausage Patty  
Assorted Cereal w/  
Buttered Toast  
Assorted Juice

**Lunch**

Cheese Pizza  
Garden Salad  
Fresh Fruit

Monday, January 30

**Breakfast**

Sausage Gravy and Biscuit OR  
Assorted Cereal w/  
Buttered Toast  
Assorted Juice

**Lunch**

Chicken BBQ Sandwich  
Baked Potato Rounds  
Mixed Fruit

Tuesday, January 31

**Breakfast**

Pancakes w/ Syrup  
Sausage Patty OR  
Assorted Cereal w/  
Buttered Toast  
Assorted Juice

**Lunch**

Baked Ziti  
Garden Salad  
Garlic Bread Stick  
Fresh Fruit



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

**NUTRITION TO GO**

Experts recommend that we eat at least 20-30 grams of fiber a day -- but most Americans consume less than half that much. Good sources are grains, fruits, vegetables, and beans. Check the label on your favorite breakfast cereal -- some provide 5 or more grams of fiber per bowl, while others provide none.

**A TASTY MORSEL FOR PARENTS**