

WELCOME TO THE NEW YEAR!

MENUS FOR JANUARY 2012

CHIMACUM ELEMENTARY Grades 3-5

This institution is an equal opportunity provider.

Chionophobia DO IT FOR YOU, TOO.

Word play

“Chionophobia” is the fear of snow or being snowbound.

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!

HELP

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

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
\$1.25

Lunch
\$2.25

Snap out of it!

Yes, vacation is over, but we're happy to see you – and it won't be too long until Spring Break!

Welcome Back!

Tuesday, January 3

Breakfast
Four Choices
Daily

Lunch
Hamburgers
Oven Fries
or Lunch Salad
Fruit & Veggie Bar

Wed, January 4

Breakfast
Four Choices
Daily

Lunch
Baked Burrito
Steamed Rice
or Lunch Salad
Fruit & Veggie Bar

Thurs, January 5

Breakfast
Four Choices
Daily

Lunch
Chicken Noodle
Soup
Toasted Cheese
Sandwich
or Lunch Salad
Fruit & Veggie Bar

Friday, January 6

Breakfast
Four Choices
Daily

Lunch
Pepperoni or Cheese
Pizza
or Lunch Salad
Fruit & Veggie Bar

Monday, January 9

Breakfast
Four Choices
Daily

Lunch
Chicken Nuggets
Mashed Potatoes
or Lunch Salad
Fruit & Veggie Bar

Tuesday, January 10

Breakfast
Four Choices
Daily

Early Release Lunch
Corn Dogs
Oven Fries
or Lunch Salad
Fruit & Veggie Bar

Wed, January 11

Breakfast
Four Choices
Daily

Early Release Lunch
Turkey Sandwich
Chips
or Lunch Salad
Fruit & Veggie Bar

Thurs, January 12

Breakfast
Four Choices
Daily

Lunch
Cheeseburger
Macaroni
Bread Stick
or Lunch Salad
Fruit & Veggie Bar

Friday, January 13

Breakfast
Four Choices
Daily

Lunch
Pepperoni or Cheese
Pizza
or Lunch Salad
Fruit & Veggie Bar

Get in touch with us today to learn more about free and reduced-price meals in our district:
732-4090 (ext281) or msperrazza@ptsd50.org