



Sunderland Elementary January 2010

Monday	Tuesday	Wednesday	Thursday	Friday
MENU SUBJECT TO CHANGE! Student Lunch: \$2.75 includes drink	Deli Sandwiches & Chef Salads Are offered daily As alternate meals			1. New Years Day
4. Macaroni & Cheese, Garlic Bread, Gr. Beans, Apricots	5. Chicken Nuggets, Rice, Cranberry sauce, Peas, Mixed Fruit	6. Waffle Stix, Syrup, Hash Brown, applesauce	7. Shepherd Pie, garlic bread, peaches	8. Grilled Cheese Sandwich, Tomato Soup, Carrots, Apple
11. Baked Potato, broccoli, Cheese sauce, Chili, Mixed Fruit, Sour Cream	12. Hot Dog, Baked Beans, Corn, Tater Tots, Apricots	13. Spaghetti & Meatballs, Garlic Bread, Gr. Beans, Peaches	14. Baked Chicken, Potato & gravy, Peas, applesauce	15. W.G. Pizza, Homemade Chicken Noodle Soup, Carrots, Apple
18. Martin Luther King Day No School	19. Mozzarella Sticks, marinara, pasta side, Corn, Mixed Fruit	20. Soft Taco, Rice, Carrots, Salsa, S. Cream, Apricots	21. Turkey & Gravy, Potato, Peas, Cranberry Sauce, Peaches	22. Grilled Cheese Sandwich, Tomato Soup, Baked Chips, Gr. Beans, Apple
25. Chicken Patty, marinara, Buttered Pasta, Corn, Pears	26. Fr. Toast Stix, hash Brown, sausage, syrup, applesauce	27. Spaghetti, Meat sauce or Marinara, Gr. Beans, Apple, Garlic bread	28. Full Teacher InService	29. Full Teacher InService

Families know that kids who EAT SMART and PLAY HARD do better in school!

Our school is preparing healthier meals by serving low-fat dairy products, more fruits and veggies, whole grains and dried beans (to increase fiber), and lower fat entrées. Contact the school food service department to see what healthy changes we are making!

There are lots of things you can do right around your house or neighborhood to get fit and have fun. This month, dance to your favorite music as a family. Teach your children a dance you remember doing as a child. If you don't have much room, dance around the furniture – parade-style!



What Food Am I?
I am...

- Often covered with tiny little squares
- Served hot for breakfast
- In the bread and cereal group
- A good source of carbohydrates (energy)

Answer: Waffles

