

Happy New Year!



Roslyn Public Schools

This institution is an equal opportunity provider and em-

DON'T 4GET!

**To make a lunch,
choose at least one**



Fruit/Juice

or



Veggie



BREWSTER CENTRAL SCHOOL DISTRICT CHILD NUTRI



**Pro Football
playoffs start
January 13.
What team will
wear the crown?**

Tuesday, January 2

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Chicken Tenders
Rice Vegetable/ Fruit/
Milk

Wednesday, Jan 3

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Plain Pasta or Pasta with
Protein
Vegetable/ Fruit/Milk

Thursday, January 4

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Popcorn Chicken
Rice/ Vegetable/ Fruit/
Milk

Friday, January 5

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Pizza
Vegetable/ Fruit/Milk

Many Moons

*Native Americans had special names
for every full moon of the year. One
name for the January full moon is
the "Moon when the Sun has
not strength to thaw."*

Monday, January 8

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Grilled Cheese
Vegetable/ Fruit/Milk

Tuesday, January 9

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Chicken Tenders
Rice Vegetable/ Fruit/
Milk

Wednesday, Jan 10

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Plain Pasta or Pasta with
Protein
Vegetable/ Fruit/Milk

Thursday, January 11

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Chicken Patty
Rice /Vegetable/ Fruit/
Milk

Friday, January 12

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

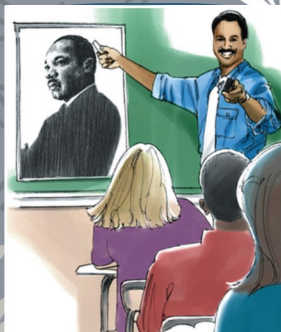
Pizza
Vegetable/
Fruit/Milk

GREAT STARTS.



A fast start is so important. And what better way to start the New Year than by starting each NEW DAY with a healthy, complete breakfast? You'll have more energy, be more alert, and feel full through the morning!

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



**School will be closed
Monday, January 15
in recognition of
Martin Luther King, Jr.'s
birthday.**

Tuesday, January 16

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Chicken Tenders
Rice Vegetable/ Fruit/
Milk

Wednesday, January

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Plain Pasta or Pasta with
Protein
Vegetable/ Fruit/Milk

Thursday, January 18

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Popcorn Chicken
Rice/ Vegetable/ Fruit/
Milk

Friday, January 19

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Pizza
Vegetable/ Fruit/Milk



**Which of these prehistoric
life forms is NOT extinct?**

Monday, January 22

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Grilled Cheese
Vegetable/ Fruit/Milk

Tuesday, January 23

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Chicken Tenders
Rice Vegetable/ Fruit/
Milk

Wednesday, January

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Plain Pasta or Pasta with
Protein
Vegetable/ Fruit/Milk

Thursday, January 25

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Chicken Patty
Rice /Vegetable/ Fruit/
Milk

Friday, January 26

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Pizza
Vegetable/ Fruit/Milk



STEGOMASTODON -- a six-ton elephant-like behemoth.
MEGATHERIUM -- a four-ton giant ground sloth. And the
AVOCADO?! The first two are extinct -- and the third probably
should be. The avocado plant developed its large seed (it was
even larger back then) because very big animals would eat the
fruit whole in one gulp, seed and all, and help the plant spread
to new areas. When most of the big mammals died off 10,000
or more years ago, the avocado should have disappeared with
them -- birds and tiny mammals can't begin to swallow and
disperse a seed that big! But somehow the wild avocado
survived thousands of years until humans learned to cultivate
the delicious fruit. And the avocado's future survival was
guaranteed when man discovered the Super Bowl and started
cranking out lots of guacamole every winter!!

Monday, January 29

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

French Toast & Egg
Omelet
Vegetable/ Fruit/Milk

Tuesday, January 30

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Chicken Tenders
Rice Vegetable/ Fruit/
Milk

Wednesday, Jan 31

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain

Plain Pasta or Pasta with
Protein
Vegetable/ Fruit/Milk

The home stretch!



**Just a few more
months to go in
the school year!
YOU CAN DO IT!
And we want to
help! While you
concentrate on
the finish line,
we'll keep you
fueled up with
tasty, nutritious
food!**

**Learn more at www.CHOOSEMYPLATE.gov or
http://kidshealth.org/kid/stay_healthy/food/pyramid.html**