



## Pittsylvania County Schools

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## Available Daily

Salads are made fresh daily with nutrient-rich Romaine lettuce or other leafy green lettuces and tossed with fresh, raw veggies.

Daily Choices include:

Grilled Chicken  
and Chef

Chicken Spinach Supreme  
on Thursdays

Monday, January 2  
Holiday continues for  
all personnel and students

Tuesday, January 3  
Teacher Workday  
School not in session for students

Wednesday, January 4  
Teacher Workday  
School not in session for students

Thursday, January 5  
Hamburger  
Grilled Chicken Sandwich  
L/T/P, Raw Baby Carrots  
Baked Beans  
Fresh Fruits

Friday, January 6  
Pizza  
Potato BAR  
Fresh Garden Salad  
Steamed Broccoli  
Fresh Fruits

Monday, January 9  
Clux™ Chicken Filet on Bun, grilled or breaded  
OR Mexican Wrap  
L/T/P, onions, Chips,  
Assorted Raw Veggies (dip)  
Fresh Apple Slices with Caramel

## It's National SOUP Month

Eating home-made vegetable soups  
can be incredibly healthy and filling.

» Always make your own. It may take some extra time but you know exactly what is in it.

» Include a variety of beans such as pintos, limas, white & black-eyed peas to "pump up" the nutrition.

» Use tomato sauce or tomato puree as your base to obtain these nutrients that you body needs to help protect you from cancer and heart disease: lycopene, vitamin C, folate, and potassium.

» Don't stop with the standard onion, carrots and potatoes. Also, throw in mushrooms, fresh kale, fresh garlic, sweet potatoes and so on.

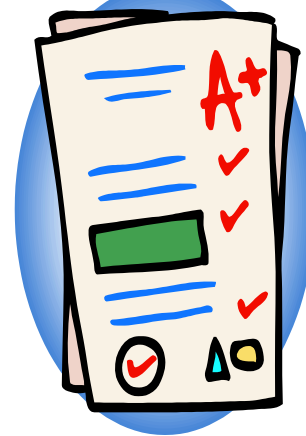


## Snap out of it!

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

## Welcome Back!

# Eat up.



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



## JANUARY BIRTHDAYS



Kate Middleton (30) -- Jan. 9

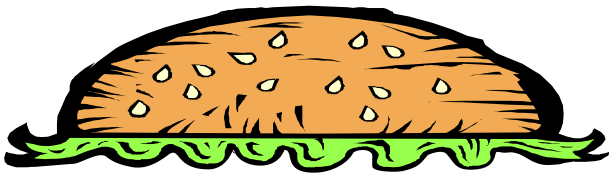
Drew Brees (33) -- Jan. 15

Dr. Martin Luther King -- Jan. 15

Muhammed Ali (70) -- Jan. 17

Michelle Obama (48) -- Jan. 17

Alicia Keys (31) -- Jan 25



## 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 TEENAGERS

Tuesday, January 10

Grilled Cheese Variety with Tomato Soup, Crackers  
Pinto Beans  
OR BBQ Sandwich, L/T/P, Coleslaw & Chips  
Fresh Fruits

Wednesday, January 11

Chicken Fajita OR Soft Shell Taco  
lettuce, tomato, salsa, guacamole,  
Black Bean Salad, Grape Tomatoes  
Fresh Kiwi, Fresh Fruits

Thursday, January 12

Sweet 'n Sour Chicken over Rice with Steamed Broccoli,  
Fortune Cookie  
OR Clubhouse Wrap with Pretzels  
Fresh Fruits

Friday, January 13

Pizza  
Potato BAR  
Small Spinach Salad  
Raw Cucumber  
Steamed Corn  
Fresh Fruits

Monday, January 16

Martin Luther King, Jr. Day  
Holiday for all personnel and students

Tuesday, January 17

Hotdog, chili, onions  
BBQ Sandwich  
Cole-Slaw, Baked Beans  
Roasted Redskin Potatoes  
Fresh Fruits

Wednesday, January 18

Bosco Sticks  
(premium stuffed breadsticks)  
OR Mexican Wrap  
Fresh Garden Salad, Green Peas  
Blood Red Oranges, Fresh Fruits

Thursday, January 19

Chili Beans - traditional and vegetarian with Soft Jumbo Pretzel  
OR Grilled Chicken Sandwich with Chips  
Assorted Raw Vegetables (dip),  
Fresh Fruits

Friday, January 20

Pizza  
Potato BAR  
Raw Cucumber  
Steamed Broccoli  
Fresh Fruits

Monday, January 23

Popcorn Chicken  
Whole Grain Rice  
Steamed Parmesan Broccoli,  
Pickled Beets  
Fresh Fruits

## Breakfast

### Biscuits

CluxDelux™ Chicken, Sausage,  
and Bacon Egg & Cheese

### Yogurt Cup

Assorted Flavors

### Kellogg's™ Whole Grain Pop-tarts

### Whole Grain Cereal Cup

Cheerios

### Whole Grain, Warm Baked Goodies

Pillsbury Mini Cinnis, Breakfast Bun

### Fresh Fruit

### 100% Fruit Juice

### Milk Choice

## DON'T LET THIS HAPPEN TO YOU!!!

SURELY, IF NICK SHOOK HARD ENOUGH, THE **REMAINS OF HIS SMASHED SANDWICH** WOULD EVENTUALLY COME **UNGLUED** FROM THE BOTTOM OF HIS **BACKPACK.**



Tuesday, January 24

Philly Cheese Steak Sub  
Chicken Wrap  
L/T/P, Slaw, Baked Beans  
Fresh Fruits

Wednesday, January 25

Grilled Cheese OR Peanut Butter & Jelly with Vegetable Beef Soup OR  
Clux™ Grilled Chicken Sandwich with L/T/P & Onion, Assorted Raw Vegetables  
Fresh Fruits, Homemade Brownie

Thursday, January 26

Vegetarian Chili Beans OR Macaroni and Cheese  
Green Beans, Grape Tomatoes  
School Roll  
Fresh Fruits

Friday, January 27

Pizzatas with Pizza Sauce  
Potato BAR  
Sautéed Spinach  
Steamed Corn  
Fresh Fruits

Monday, January 30

Clux™ Chicken Breast Chunks  
BBQ Sandwich  
Roasted Cauliflower  
Black Eyed Pea Salad  
Fresh Fruits

Tuesday, January 31

Build your own SANDWICH  
Turkey, Ham, Chicken Salad OR Hummus  
L/T/P, onions, peppers, olives  
Raw Carrots  
Fresh Fruits  
Cookie

Please see reverse for items available daily