

Happy New Year!



St Joan of Arc School

This institution is an equal opportunity provider and employer.

Weekly Specials

January: 8-11 Sausage Egg and Cheese Muffin
16-18 Ham and Cheese Sandwich
22-25 Hot Dog
29-Feb 1 Fish Sandwich

Soup of the week: Served with a dinner roll
January 8-11 Chicken Noodle Soup
16-18 Broccoli Cheddar Soup
22-25 Italian Wedding Soup
29-Feb 1 Veggie soup

HERB/SPICE

Cayenne

Cayenne peppers are the source of the familiar red pepper spice used around the world to flavor dishes. One ingredient in cayenne peppers (capsaicin) is a natural pain reliever, and the peppers also help prevent stomach ulcers, clear congestion, and boost immunity.



Available Daily

Smucker's Whole Grain Uncrustable PB&J

Lancaster Hummus Company: Hummus Meal options: Garlic, Cheesy Pizza or Sundried Tomato Served with Pretzels, fruit, veggies and milk

Students Grades 3-8 have the choice of ordering a Pre-made Salad in place of the daily meal.

Salad Includes: Iceberg Lettuce, Romaine Lettuce, Cucumbers, Tomatoes, Carrots, Shredded Cheese, Salad Dressing, Dinner Roll, and Protein of the Day:

Monday- Ham
Tuesday- Egg Salad
Wednesday- Grilled Chicken
Thursday- Tuna Salad
Friday- Hard Boiled Egg



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

Tuesday, January 2

Lunch
Cheese Ravioli w/ Bread Stick
CHOICE OF UP TO TWO
Side Salad or Green Beans
CHOICE OF UP TO TWO
Assorted Fresh or Canned Fruit
FF Milk

Weds., January 3

Lunch
Loaded Nachos, Beef, Cheese, Sour Cream and Salsa
CHOICE OF UP TO TWO
Side Salad or Corn
CHOICE OF UP TO TWO
Assorted Fresh or Canned Fruit
FF Milk

Thursday, January 4

Lunch
Hot Dog on a Bun
CHOICE OF UP TO TWO
Side Salad or Baked Beans
CHOICE OF UP TO TWO
Assorted Fresh or Canned Fruit
FF Milk

Friday, January 5

Lunch
Sorrento's Pizza (Red or White) and Chips
CHOICE OF UP TO TWO
Side Salad or Carrots w/Dip
CHOICE OF UP TO TWO
Assorted Fresh or Canned Fruit
FF Milk

Monday, January 8

Lunch
Grilled Cheese Sandwich
CHOICE OF UP TO TWO
Side Salad or Cup of Tomato Soup
CHOICE OF UP TO TWO
Assorted Fresh or Canned Fruit
FF Milk

Tuesday, January 9

Lunch
Spaghetti w/Meat Sauce or Seasoned Pasta w/ Chicken
CHOICE OF UP TO TWO
Side Salad or Carrots
CHOICE OF UP TO TWO
Assorted Fresh or Canned Fruit
FF Milk

Weds., January 10

Lunch
Hamburger or Cheeseburger
CHOICE OF UP TO TWO
Side Salad or Baked Fries
CHOICE OF UP TO TWO
Assorted Fresh or Canned Fruit
FF Milk

Thursday, January 11

Lunch
Pork Sandwich
CHOICE OF UP TO TWO
Side Salad or Baked Beans
CHOICE OF UP TO TWO
Assorted Fresh or Canned Fruit
FF Milk

Friday, January 12

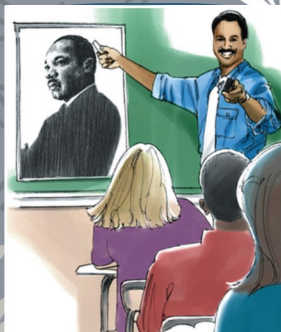
Lunch
Sorrento's Pizza (Red or White) and Sherbet
CHOICE OF UP TO TWO
Side Salad or Celery w/Dip
CHOICE OF UP TO TWO
Assorted Fresh or Canned Fruit
FF Milk

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
Penne Pasta w/
Meatballs or
Meatball Sub
CHOICE OF UP TO
TWO
Side Salad or
Green Beans
CHOICE OF UP TO
TWO
Assorted Fresh or
Canned Fruit
FF Milk

Weds., January 17

Lunch
Chicken Fingers
CHOICE OF UP TO
TWO
Side Salad or
Mixed Veggies
CHOICE OF UP TO
TWO
Assorted Fresh or
Canned Fruit
FF Milk

Thursday, January 18

Lunch
Salisbury Steak w/
Gravy and a Dinner
Roll
CHOICE OF UP TO
TWO
Corn or Baked
Beans
CHOICE OF UP TO
TWO
Assorted Fresh or
Canned Fruit
FF Milk

Friday, January 19

Lunch
Sorrento's Pizza
(Red or White) and
Chips
CHOICE OF UP TO
TWO
Side Salad or
Cucumbers w/Dip
CHOICE OF UP TO
TWO
Assorted Fresh or
Canned Fruit
FF Milk

Monday, January 22

Lunch
Baked Chicken w/
Dinner Roll
CHOICE OF UP TO
TWO
Mixed Veggie or
Side Salad
CHOICE OF UP TO
TWO
Assorted Fresh or
Canned Fruit
FF Milk

Tuesday, January 23

Lunch
Spaghetti w/ Meat
Sauce or Seasoned
Pasta w/Chicken
CHOICE OF UP TO
TWO
Side Salad or
Carrots
CHOICE OF UP TO
TWO
Assorted Fresh or
Canned Fruit
FF Milk

Weds., January 24

Lunch
Pancakes w/
Sausage
CHOICE OF UP TO
TWO
Hash Brown or
Broccoli w/Dip
CHOICE OF UP TO
TWO
Assorted Fresh or
Canned Fruit
FF Milk

Thursday, January 25

Lunch
Ham and Cheese
or Turkey and
Cheese w/ Chips
CHOICE OF UP TO
TWO
Side Salad or Pasta
Salad
CHOICE OF UP TO
TWO
Assorted Fresh or
Canned Fruit
FF Milk

Friday, January 26

Lunch
Sorrento's Pizza
(Red or White) and
Sherbet
CHOICE OF UP TO
TWO
Side Salad or
Carrots w/Dip
CHOICE OF UP TO
TWO
Assorted Fresh or
Canned Fruit
FF Milk

Monday, January 29

Lunch
Chicken and
Cheese Quesadilla
CHOICE OF UP TO
TWO
Side Salad or Corn
CHOICE OF UP TO
TWO
Assorted Fresh or
Canned Fruit
FF Milk

Tuesday, January 30

Lunch
Cheese Lasagna w/
Bread Stick
CHOICE OF UP TO
TWO
Side Salad or
Green Beans
CHOICE OF UP TO
TWO
Assorted Fresh or
Canned Fruit
FF Milk

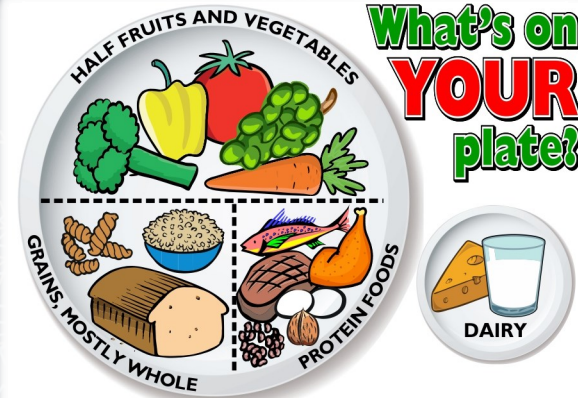
Weds., January 31

Lunch
Sloppy Joe
CHOICE OF UP TO
TWO
Baked Beans or
Broccoli w/Cheese
Sauce
CHOICE OF UP TO
TWO
Assorted Fresh or
Canned Fruit
FF 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!



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



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!!

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