



UISD ELEMENTARY SCHOOL MENU

JANUARY 2012

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	HOLIDAY	3	Professional Development NO SCHOOL TODAY	4	Whole Grain Eggo Minis Maple Pancakes 100% Orange Juice Low-Fat Milk *Syrup ----- Corn Dog Chili 'n' Beans Oven-Baked Crinkle Cut Fries Chilled Fruit Cocktail Low-Fat Milk *Mustard/Ketchup	5	Pillsbury Cherry Frudel 100% Orange Juice Low-Fat Milk ----- Spicy BBQ Grilled Chicken Burger Whole Kernel Corn Chilled Sliced Pears Low-Fat Milk *Pickles	6	Breakfast Sandwich 100% Orange Juice Low-Fat Milk *Jelly ----- Nardone's Pepperoni Pizza Peas & Carrots Chilled Pineapple Tidbits Low-Fat Milk
9	Blueberry Muffin 100% Orange Juice Low-Fat Milk ----- Country Fried Steak Fluffy Mashed Potatoes Chilled Fruit Cocktail Low-Fat Milk *Gravy	10	Turkey Sausage Pizza Bagel 100% Apple Juice Low-Fat Milk ----- Italian Spaghetti w/Meatsauce Broccoli Normandy Chilled Pineapple Tidbits Low-Fat Milk	11	Cinnamon Glazed French Toast 100% Orange Juice Low-Fat Milk *Syrup ----- Cheeseburger on a Whole Grain Bun Oven-Baked Sweet Potato Crinkle Fries Fresh Green Apple Low-Fat Milk *Mustard/Ketchup/Pickles	12	Whole Grain SUN Morning MIX-UP Fresh Banana Low-Fat Milk ----- Baked Chicken Nuggets w/Warm Bread Whole Kernel Corn Chilled Sliced Peaches Low-Fat Milk *BBQ Sauce/Ketchup	13	Breakfast Bar w/Toast 100% Apple Juice Low-Fat Milk *Jelly ----- Oven-Roasted Chicken Sopa de Fideo Pinto Beans Chilled Fruit Cocktail Low-Fat Milk *Spicy Salsa
16	HOLIDAY	17	Stuffed Biscuit w/Turkey Sausage, Egg & Cheese 100% Apple Juice Low-Fat Milk ----- Baked Salisbury Steak w/Warm Bread Fluffy Mashed Potatoes Chilled Sliced Peaches Low-Fat Milk *Gravy	18	Smucker's Whole Grain Chocolate Chip Waffles 100% Orange Juice Low-Fat Milk *Syrup ----- Crispy Beef Tacos Pinto Beans Chilled Sliced Pears Low-Fat Milk *Spicy Salsa	19	Berry Apple Crisp Bar Fresh Banana Low-Fat Milk ----- Jumbo Chicken & Veggie Egg Roll w/Warm Bread Asian White Rice Sweet & Sour Glazed Broccoli Chilled Pineapple Tidbits Low-Fat Milk *Soy Sauce	20	Whole Grain Morning Sausage Roll 100% Apple Juice Low-Fat Milk ----- Nardone's Pepperoni Pizza Fresh Baby Carrots Chilled Sliced Peaches Low-Fat Milk *Salad Dressing
23	Super Fortified Donut 100% Orange Juice Low-Fat Milk ----- Hot Dog on a Whole Grain Bun Chili 'n' Beans Whole Kernel Corn Chilled Fruit Cocktail Low-Fat Milk *Mustard/Ketchup	24	Hot Pockets Cheese Pizza 100% Apple Juice Low-Fat Milk ----- Lasagna w/Warm Italian Bread Peas & Carrots Chilled Sliced Pears Low-Fat Milk	25	Strawberry Pop Tarts 100% Orange Juice Low-Fat Milk ----- Mega Noodle Soup w/ Grilled Ham & Cheese Sandwich Gold fish Mix-Up Adventures Crunchy Pickle Spears Fresh Red Apple Low-Fat Milk	26	Apple Jacks Cereal Fresh Banana Low-Fat Milk ----- Breaded Steak Fingers Fluffy Mashed Potatoes Chilled Fruit Cocktail Low-Fat Milk *Gravy	27	Whole Grain Turkey Sausage Pancake Wrap 100% Apple Juice Low-Fat Milk *Syrup ----- Chicken Burger on Wheat Bun Oven-Baked Crinkle Cut Fries Chilled Pineapple Tidbits Low-Fat Milk *Mustard/Mayonnaise/Ketchup/Pickles
30	Whole Grain Apple Cinnamon Texas Toast 100% Orange Juice Low-Fat Milk ----- Mega Cheese Ravioli Broccoli Normandy Chilled Fruit Cocktail Low-Fat Milk	31	Bean & Cheese Burrito 100% Apple Juice Low-Fat Milk ----- Fish Sticks Macaroni & Cheese Peas & Carrots Chilled Pineapple Tidbits Low-Fat Milk *Tartar Sauce/Ketchup/ Lemon Juice						

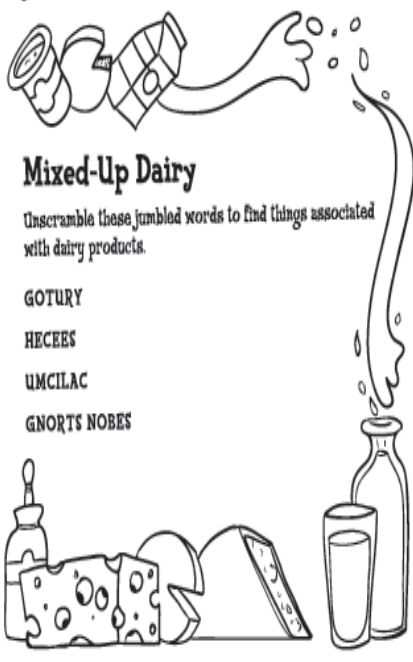
HAPPY NEW YEAR!



What does **CALCIUM** bring me?

Maybe They Should Call it COW-cium!

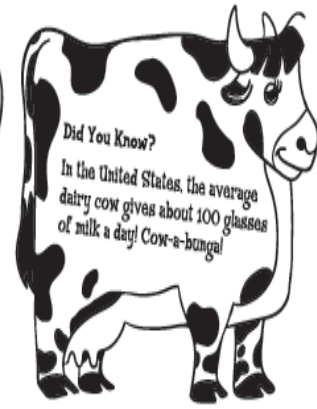
Do dairy cows make good dentists? Probably not. But they certainly help you have a bright, healthy smile. That's because the milk they provide is LOADED with calcium, the mineral responsible for strong teeth and bones. You need a combination of low fat milk, yogurts and cheeses to meet your daily calcium needs. And, did you know that dark leafy greens like spinach, broccoli and kale also contribute to the calcium you need daily? A lot to smile about!



Mixed-Up Dairy

Unscramble these jumbled words to find things associated with dairy products.

- GOTURY
- HECEES
- UMCILAC
- GNORTS NOBES



OUR CAFETERIA BRINGS IT!



Squaremeals is the Texas Department of Agriculture's Nutrition Education and Outreach program funded by the U.S. Department of Agriculture, Food & Nutrition Service.
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