

JANUARY 2012

LAKE WALES CHARTER SCHOOLS LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 STUDENT HOLIDAY	3 Chicken Nuggets Mashed Potatoes w/gravy Peas & Carrots	4 Beef Soft Tacos Vegetable Rice Fresh Fruit	5 Spaghetti w/meat sauce Garlic Bread Garden Salad Fresh Fruit	6 Pizza Baby Carrots w/ranch dressing Jell-O w/fruit
9 Baked Ham Mac & Cheese Green Peas Carrots (cooked)	10 Chicken Parmesan w/cheese Pasta w/sauce Fresh Fruit	11 BAG LUNCH EARLY RELEASE DAY	12 Baked Chicken w/BBQ sauce Baked Beans Mashed Potatoes w/gravy Bread Fresh Fruit	13 Pizza Garden Salad Fresh Fruit
16 STUDENT HOLIDAY	17 Turkey Soft Tacos Brown Rice Green Peppers & Onions Fresh Fruit	18 Teriyaki Chicken Vegetable Fried Rice Vegetable Egg Roll Juice	19 Sloppy Joe (Pork) w/bun Tator-tots Fresh Fruit	20 Pizza Baby Carrots w/ranch dressing Jell-O w/fruit
23 STUDENT HOLIDAY	24 Baked Chicken w/BBQ sauce Glazed Carrots Country Stuffing	25 Baked Ziti Garden Salad Fresh Fruit	26 Salisbury Steak Mashed Potatoes w/gravy Mixed Vegetables Bread Fresh Fruit	27 Pizza Garden Salad Fresh Fruit
30 Sloppy Joe (Turkey) w/bun Tator-tots Fresh Fruit	31 Chicken Nuggets Mashed Potatoes w/gravy Peas & Carrots	<p>PHYSICAL ACTIVITY IS IMPORTANT FOR GOOD HEALTH!</p> <p>Children need to eat enough food to support growth and should be physically active at least 60 minutes every day, or most days.</p>		



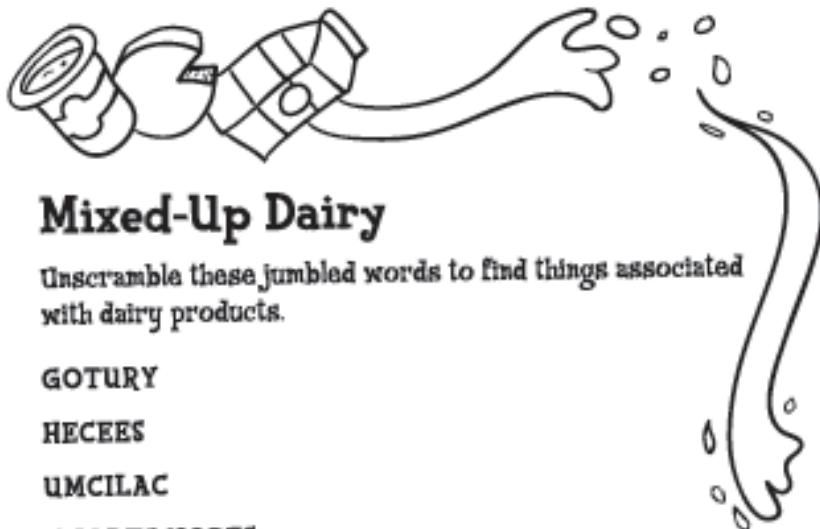
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What does **CALCIUM** bring me?

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

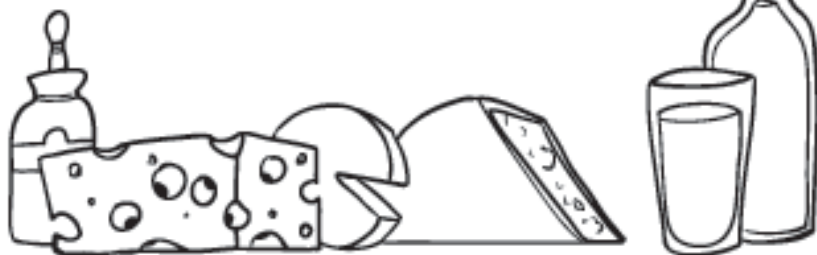
Unscramble these jumbled words to find things associated with dairy products.

GOTURY

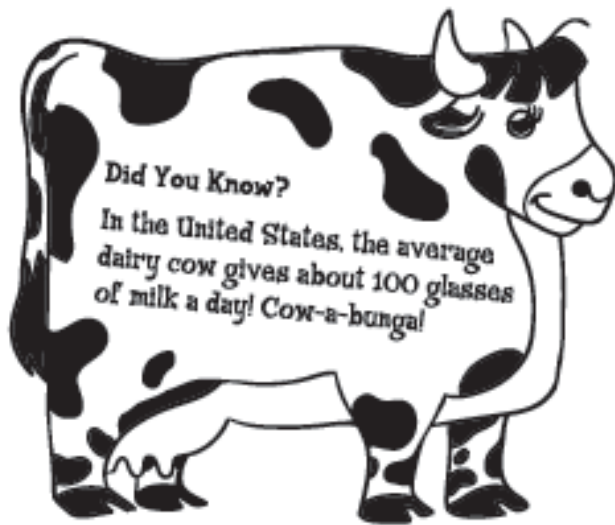
HECEES

UMCILAC

GNORTS NOBES



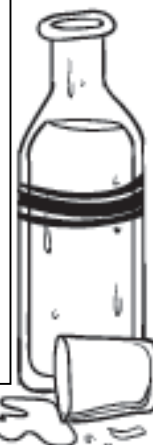
Answers: Yogurt, Cheese, Calcium, Strong Bones



OUR CAFETERIA BRINGS IT!

Have you noticed???

The LWCS Food Service program made changes to the lunch menu in October. More recently though, they have done away with the pre-packaged trays and began serving students on regular trays. The kids love it!!!



Food and Nutrition

OFFICE OF HEALTHY LIVING
Education, Exercise and Eating Right
TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER TODD STAPLES

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LAKE WALES CHARTER SCHOOLS BREAKFAST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 STUDENT HOLIDAY	3 Whole Wheat Muffin Fresh Fruit Yogurt Cheese Stick Milk	4 Egg & Cheese Hot Pocket Juice Fresh Fruit Milk	5 Egg & Cheese Bagel Fruit Salad Milk	6 Whole Wheat Pancakes Turkey Sausage Juice Milk
9 French Toast Sticks Yogurt Juice Milk	10 Turkey Sausage Biscuit Fruit Salad Milk	11 BAG LUNCH EARLY RELEASE DAY	12 Whole Wheat Toast Peanut Butter & Jelly Fruit Salad Milk	13 Breakfast Pizza Juice Milk
16 STUDENT HOLIDAY	17 Whole Wheat Muffin Fresh Fruit Yogurt Cheese Stick Milk	18 Egg & Cheese Hot Pocket Juice Fresh Fruit Milk	19 Egg & Cheese Bagel Fruit Salad Milk	20 Whole Wheat Pancakes Turkey Sausage Juice Milk
23 STUDENT HOLIDAY	24 Turkey Sausage Biscuit Fruit Salad Milk	25 Enriched Cereal Graham Crackers Fresh Fruit Milk	26 Whole Wheat Toast Peanut Butter & Jelly Fruit Salad Milk	27 Breakfast Pizza Juice Milk
30 Enriched Cereal Graham Crackers Fruit Cocktail Cheese Stick Milk	31 Whole Wheat Muffin Fresh Fruit Yogurt Cheese Stick Milk	<p>PHYSICAL ACTIVITY IS IMPORTANT FOR GOOD HEALTH!</p> <p>Children need to eat enough food to support growth and should be physically active at least 60 minutes every day, or most days.</p>		



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