

# FIT FAT

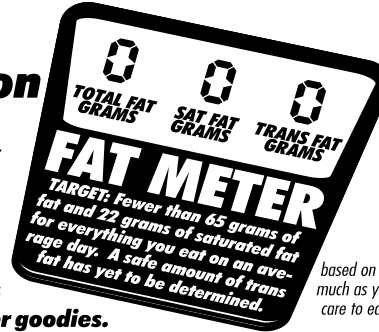
WANNA STAY FIT?

FIGHT THE FAT!



**ITEM: Citrus Fruit**  
**VERDICT: 'Tis the Season**

**TIP:** Grapefruits, oranges, tangerines, and clementines are at the peak of their delicious goodness in the winter months. When you eat a whole fresh orange rather than drink juice, you get 3 grams of fiber in addition to vitamin C and other goodies.



based on as much as you care to eat!

## Featured Specials of the Day

Tuesday, January 3

Personal Pan Cheese Pizza  
Tuna Sandwich

Wednesday, January 4

Chicken Chili  
Beef Chimichanga

Thursday, January 5

Egg Roll  
New Orleans Chicken

Friday, January 6

Pulled Pork Sandwich  
Cheeseburger

**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!**

## MENU FOR JANUARY 2012

CHOICE OF MILK  
SKIM, 1% MILK  
OR 1% CHOCOLATE MILK

MILK \$.45

LUNCH \$2.35

ADULT \$3.40

MENU SUBJECT TO CHANGE

## Featured Specials of the Day

Monday, January 9

Mexican Pizza  
Xtreme Bean & Cheese Burrito

Tuesday, January 10

Tangerine Chicken  
Pork Nuggets

Wednesday, January 11

Rotini w/meatsauce  
Chicken Parmesan Sandwich

Thursday, January 12

Hot Ham & Cheese Sandwich  
Meatball Sub

Friday, January 13

Salisbury Steak w/gravy  
Seafood Basket

## Featured Specials of the Day

Monday, January 16



*School will be closed on Monday, January 16  
in honor of Martin Luther King, Jr.'s Birthday*

Tuesday, January 17

Cheese Sticks w/sauce  
French Dip Sandwich

Wednesday, January 18

Chicken Patty Sandwich  
Pulled BBQ Pork Sandwich

Thursday, January 19

PB & J Uncrustable  
Ham & Cheese Sandwich

Friday, January 20

Chicken Taco  
Lasagna w/meatballs

## 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.



Nutrition analysis of this typical School Lunch Combo:

Vegetable Chili  
Wheat Roll w/Butter  
Mashed Potatoes  
Apple Cobbler  
Nonfat Chocolate Milk

Total calories: 782  
Calories from protein: 15%  
Cal. from carbohydrates: 59%  
Calories from fat: 26%  
Goal: 30% or less fat calories

# 龍

The Chinese New Year begins with the new moon on January 23. 2012 is the year of the Dragon.



## YEAR OF THE DRAGON

## Featured Specials of the Day

Monday, January 23

Chicken Nuggets  
Chef's Choice

Tuesday, January 24

Hamburger  
Spicy Chicken Sandwich

Wednesday, January 25

Chocolate Chip Waffle  
Breakfast Sandwich

Thursday, January 26

Beef Taco  
Enchiladas

Friday, January 27

Grilled Cheese Sandwich  
Rib Patty Sandwich

Monday, January 30

Cheeseburger  
Chicken Sandwich

Tuesday, January 31

Chicken Tenders  
Philly Cheese Steak Sandwich

the BISON

CHARLIE'S CAFE

