



January 2012 Menu MAHS



Offered daily for breakfast: Milk(1%, skim, chocolate skim), juice, fresh fruit, cereal, cereal bars, oatmeal, bagels, yogurt, cheese sticks, and toast.

*** Students may still eat breakfast if buses are late. Breakfast is served until all buses are in. ***

Offered Daily for Lunch: Milk, whole grain bread, salad greens, fresh fruits & vegetables, butter, jelly, and peanut butter.

Soup, Sandwich, and/or Salad Bar Offered Daily!

Breakfast Prices: \$1.25 Grades K-12 FREE Reduced Rate

Lunch Prices: \$1.70 Grades K-6 \$1.75 Grades 7-12 \$0.40 Reduced Rate

January 3, 2012 Tuesday Breakfast: Muffins & Sausage

Lunch: Choice of Chicken Poppers, Crab Macaroni or Brat on a bun

With wild rice blend **F2S**, sweet peas, fresh celery, and mandarin oranges.

January 4, 2012 Wednesday Breakfast: Biscuits and Gravy

Lunch: Choice of Spaghetti/ meatballs, Turkey Burger or Chicken Enchilada

With garlic breadstick, Caesar salad, fresh broccoli, and fresh oranges.

January 5, 2012 Thursday Breakfast: French Toast Sticks

Lunch: Choice of Chicken Nuggets or Kung Pao Beef

With squash **F2S**, fresh cucumber slices, and strawberries.



January 6, 2012 Friday Breakfast: Bake Shop

Lunch: Choice of Hot Dog on a bun **F2S**, Philly Steak on a bun or Sweet Chili Wrap

With baked beans, fresh carrots, fresh cherry tomatoes, and sliced pears.

Our hot dogs are from the Prairie Horizons Farm located south of Starbuck. They raise Angus cattle on certified organic pastures and native prairie. They are grass fed with no grain, antibiotics, drugs, or hormones; and less than 1/2 gallon of fuel is used to raise each beef.



January 9, 2012 Monday Breakfast: Rancheros

Lunch: Choice of Cheese burger /bun, Sweet & Sour Pork **F2S**, or Nacho Casserole

With sweet fries, fresh celery, pickles, and sliced peaches.

January 10, 2012 Tuesday Breakfast: Scrambled Eggs and Sausage

Lunch: Choice of Pizza, Italian Shells, or Baked Seafood

With asparagus, fresh carrots, and juicy jell-o.

January 11, 2012 Wednesday Breakfast: Cold Breakfast **2 Hour Late**

Lunch: Choice of Taco in a bag with toppings, or Hawaii Pizza

With green beans, fresh broccoli, and applesauce.

January 12, 2012 Thursday Breakfast: Breakfast Croissant

Lunch: Choice of Chicken Dippers, Taco Salad, or Homemade Macaroni & Cheese

With roasted vegetables, fresh cucumbers, and a banana.

January 13, 2012 Friday Breakfast: Breakfast Bites

Lunch: Choice of Roast Beef, Meatloaf Sandwich, or Tilapi

With mashed potatoes, gravy, fresh green peppers, fresh cauliflower, and mandarin oranges.

Our Farm to School items this month include: Apples, Beef Hotdogs, Wild Rice, Honey, Squash, Pork, Organic Grain and more!



MENU SUBJECT TO CHANGE

Did you know that the most snow fallen was 46.5 " at the Wolf Ridge Environmental Center near Finland. That is in northeast Minnesota and only six miles from Lake Superior!



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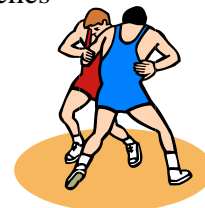
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January 17, 2012 Tuesday Breakfast: Breakfast Pizza

Lunch: Choice of Softshell Chicken Fajita, Grilled Cheese/ tomato soup or Broccoli Burger Casserole With grilled onions & peppers, black bean salsa, sweet corn, and sliced peaches

January 18, 2012 Wednesday Breakfast: Biscuits & Gravy

Lunch: Choice of Pizza Burgers, Fat Dog Casserole, or Egg Rolls With green beans, fresh carrots, and pineapple.



Did you know that there are 12,000 miles of groomed trails in Minnesota?

January 19, 2012 Thursday Breakfast: Pancake on a stick

Lunch: Dipping Drumsticks, Kung Pao Pork Wrap, or Cuban Turkey on a bun With beets & sweet potato, fresh jicama, and strawberries.

January 20, 2012 Friday Breakfast: Bake Shop

Lunch: Choice of Cheeseburger Pasta, Chicken Cordon Bleu Sandwich or Italian Rope Sausage With sweet peas, fresh cauliflower, and fresh apples

A honey bee must tap two million flowers to make one pound of honey!



One average worker bee will in their lifetime make 1/12 teaspoon of honey.

A bee will live an average of 45 days.



January 24, 2012 Tuesday Breakfast: Cheesy Omelet

Lunch: Choice of Super Nachos, General Tso Chicken or Seafood & Rice With brussel sprouts, fresh broccoli, and sliced pears.

January 25, 2012 Wednesday Breakfast: Rancheros

Lunch: Choice of Garlic Cheese Bread, Ham Tamale Casserole or a Bacon Cheeseburger With vegetarian chili, crackers, fresh celery, and juicy jell-o.

January 26, 2012 Thursday Breakfast: Muffins and Sausage

Lunch: Choice of Chicken Breast on a bun, French Dip on a bun, or Cabbage Hotdish With Rosemary roasted potatoes, fresh cucumbers, Caesar salad, and grapes.

January 27, 2012 Friday Breakfast: Breakfast Pizza

Lunch: Choice of Corn Dog, Beef & Bean Burrito, or Buffalo Chicken Croissant With calico beans **F2S**, fresh carrots, and fresh oranges.

January 30, 2012 Monday Breakfast: Breakfast Bites

Lunch: Choice of Max Sticks/ pizza sauce, or Country Fried Steak/gravy With honey carrots **F2S**, mashed potatoes, fresh peppers, rosy applesauce.

January 31, 2012 Tuesday Breakfast: Egg Bake

Lunch: Choice of Chicken Alfredo/ Rotini, Hot Ham & Cheese Croissant, or Mini Corndogs With steamed broccoli, Caesar Salad, and a banana.



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