

WELCOME TO THE NEW YEAR!

# MENUS FOR JANUARY 2023

Pre-K Montgomery Public Schools

This institution is an equal opportunity provider. Menus are subject to change.

## OBLIGATE CARNIVORE.

All of the cats on earth – from the tiniest kitten to fearsome beasts like this jaguar – are **OBLIGATE** or "true" **CARNIVORES**. They require nutrients found only in animal flesh, because they lack the ability to

### ANIMAL APPETITES

fully digest plant matter. Cats have high protein requirements and they can't create many essential nutrients such as retinol, arginine, taurine, and arachidonic acid. Pet cats get those from added nutrients in their food, but, in the wild, all cats must consume flesh to supply these nutrients.



## Just be glad it's 2023 and not 46 B.C.

You think the school year seems long? By the time Julius Caesar reformed the calendar in 46 B.C., it was so out of whack that he had to make that year 455 days long to get everything lined up again! Now, *that's* a long school year!

## Welcome Back!

YOU'RE GOOD.



ALL STUDENTS EAT ALL MEALS @

NO COST ALL YEAR LONG

Wednesday, Jan. 4

### Breakfast

Spiced Oatmeal w/  
Cranberries  
Orange Wedges  
Milk

### Lunch

Chicken Nuggets  
Potato Wedges  
Veggie Cup  
Fruit Cocktail  
Milk  
Roll  
Cookie

Thursday, January 5

### Breakfast

Cheerios  
Applesauce  
Milk

### Lunch

Baked Garlic & Herb Chicken  
Collard Greens  
Black-eyed Peas  
Roll/Cornbread  
Diced Pears  
Milk

Friday, January 6

### Breakfast

Cheesy Grits  
Sausage Link  
Blueberries  
Milk

### Lunch

Cod Sandwich  
Sweet Potato Fries  
Celery Sticks  
Sliced Apples  
Milk

Monday, January 9

### Breakfast

Frosted Corn Flakes  
Diced Pears  
Milk

### Lunch

Salisbury Steak  
Brown Rice  
Green Beans  
Spinach Garden Salad  
Banana  
Milk  
Roll  
Cookie

Tuesday, January 10

### Breakfast

Buttered Toast  
Mandarin Oranges  
Milk

### Lunch

Beef Taco  
Pinto Beans  
Corn Salad  
Sliced Strawberries  
Milk

Wednesday, Jan. 11

### Breakfast

Pancakes w/ Syrup  
Toast  
Sliced Apples  
Milk

### Lunch

Corndog  
Baby Carrots  
Spinach Garden Salad  
Baked Chips  
Tropical Fruit  
Milk

Thursday, January 12

### Breakfast

Cheese Toast  
Sausage Patty  
Diced Peaches  
Milk

### Lunch

Beefaroni  
Broccoli w/ Cheese  
Glazed Carrots  
Fruit  
Blueberries  
Roll

Friday, January 13

### Breakfast

Cheerios  
Banana  
Milk

### Lunch

Cheese Pizza  
Green Peas  
Veggie Cup  
Applesauce  
Milk

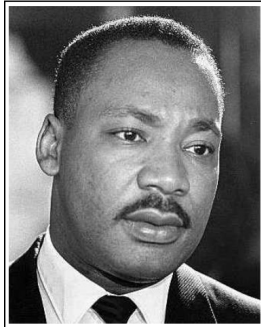
# GET IN GEAR.



Whatever your favorite activity is, you're not fully equipped unless you're sporting the right lid, pads, gloves, mouthpiece, goggles, and anything else you need to stay safe. So buckle that chin strap and get in gear!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

Monday, January 16



*School will be closed today in honor of the birthday of Martin Luther King, Jr.*

Tuesday, January 17

### Breakfast

Frosted Corn Flakes  
Fruit Cocktail  
Milk

### Lunch

Broccoli Chicken Casserole  
Mixed Vegetables  
Lima Beans  
Diced Pears  
Milk  
Breadstick

Wednesday, Jan. 18

### Breakfast

Cheese Toast  
Blueberries  
Milk

### Lunch

Turkey & Cheese Wrap  
Sweet Potato Fries  
Veggie Cup  
Pineapple Tidbits  
Milk

Thursday, January 19

### Breakfast

Breakfast Burrito  
Diced Pears  
Milk

### Lunch

Sloppy Joe  
Green Peas  
Corn on Cob  
Orange Wedges  
Milk  
Roll  
Cookie

Friday, January 20

### Breakfast

Biscuit w/ Gravy  
Mandarin Oranges  
Milk

### Lunch

Cheeseburger  
Oven Fries  
Garden Salad  
Sliced Strawberries  
Milk



### You'll Need:

- ✓ a raw egg
- ✓ white vinegar
- ✓ a beaker or other plastic container

## Make a "rubber" egg!

- 1 Place the raw egg in the container and cover it with vinegar.
- 2 After 24 hours, gently prod the egg with your finger. Does it feel soft and elastic like rubber? (If not, replace the vinegar with fresh vinegar and wait another 24 hours.)
- 3 **Congratulations!** You have used the vinegar to "decalcify" the egg. The egg shell contains a substance called "calcium carbonate." The acid in the vinegar dissolves the calcium carbonate in the egg shell, and what's left is soft and flexible rather than hard and rigid. **You've created a rubber egg!**
- 4 Poke the egg (gently) with a fork until you pierce the shell and the yolk and white come out. The shell should look **like a popped balloon!**



Monday, January 23

### Breakfast

Cheerios  
Banana  
Milk

### Lunch

Mashed Potato Casserole w/  
Crispy Chicken  
Steamed Carrots  
Roasted Broccoli  
Diced Peaches  
Milk  
Roll  
Cookie

Tuesday, January 24

### Breakfast

Cheese Toast  
Pineapple Tidbits  
Milk

### Lunch

Crispito  
Black Beans  
Garden Salad  
Applesauce  
Milk

Wednesday, Jan. 25

### Breakfast

Breakfast Pizza Bagel  
Sliced Apples  
Milk

### Lunch

Turkey/Ham Deli Sub  
Potato Wedges  
Veggie Cup  
Fruit Cocktail  
Milk

Thursday, January 26

### Breakfast

Grits  
Sausage Patty  
Blueberries  
Milk

### Lunch

Chicken Parmesan w/ Garlic  
Noodles  
Mixed Vegetables  
Garden Salad  
Orange Wedges  
Milk  
Breadstick

Friday, January 27

### Breakfast

Yogurt w/ Graham  
Cracker  
Fruit Cocktail  
Milk

### Lunch

Assorted Pizza  
Sweet Potato Fries  
Garden Salad  
Diced Pears  
Milk

Monday, January 30

### Breakfast

Cereal Bar/Cereal  
Chicken Biscuit  
Toast  
Mandarin Oranges  
Milk

### Lunch

Cod Nuggets  
Green Peas  
Baby Carrots  
Sliced Strawberries  
Milk  
Hushpuppies

Tuesday, January 31

### Breakfast

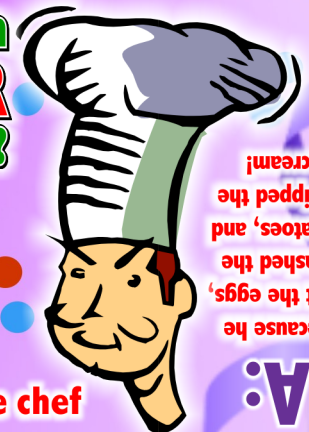
Cereal Bar/Cereal  
Cinnamon Bun  
Toast  
Applesauce  
Milk

### Lunch

Baked Pork Chop  
Brown Rice  
Breaded Okra  
Lima Beans  
Pineapple Tidbits  
Milk  
Roll  
Cookie



## What's on YOUR plate?



Because he beat the eggs, mashed the potatoes, and whipped the cream!

**Q: Why did the food think the chef was such a mean guy?**

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)