

WELCOME TO THE NEW YEAR!

MENUS FOR JANUARY 2023

WASHINGTON LOCAL SCHOOLS
This institution is an equal opportunity provider.

**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!

Available Daily

Peanut Butter & Jelly
Chef Salads



**Pro Football
playoffs start
January 14.
What team will
wear the crown?**

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.



Thursday, January 5

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

Pancakes
Sausage
Potato puffs
Asst. Fruit
Milk

Friday, January 6

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

J Cup Pizza
Fresh Broccoli
Ranch dip
Asst. Fruit
Milk

Monday, January 9

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

Bosco w/
Meatsauce
Carrot coins
Asst. Fruit
Milk

Tuesday, January 10

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

Hot Dogs
Baked Beans
Asst. Fruit
Milk

Wednesday, January 11

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

Macaroni &
Cheese
Dinner Roll
Tossed Salad
Asst. Fruit
Milk

Thursday, January 12

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

Panthers Bowl
Mashed potatoes
Corn
Gravy
Asst. Fruit
Milk

Friday, January 13

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

J Cup Pizza
Fresh Broccoli
Ranch dip
Asst. Fruit
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!



Make a "rubber" egg!

You'll Need:

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

- 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 16



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

Tuesday, January 17

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

Walking Taco
Refried Beans
Asst. Fruit
Milk

Wednesday, January

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

Tony's Pizza
Golden Corn
Asst. Fruit
Milk

Thursday, January 19

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

Sloppy Joe
Chips
Green Beans
Asst. Fruit
Milk

Friday, January 20

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

J Cup Pizza
Fresh Carrots
Ranch dip
Asst. Fruit
Milk

Monday, January 23

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

Chicken Nuggets
Dinner Roll
Sweet Potato Fries
Asst. Fruit
Milk

Tuesday, January 24

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

Taco Tuesday
Refried Beans
Asst. Fruit
Milk

Wednesday, January

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

Tony's Pizza
Tossed Salad
Asst. Fruit
Milk

Thursday, January 26

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

Cheeseburger
French Fries
Asst. Fruit
Milk

Friday, January 27

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

J Cup Pizza
Fresh Broccoli
Ranch dip
Asst. Fruit
Milk

Monday, January 30

Breakfast

Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

Chicken Tenders
Dinner Roll
Golden Corn
Asst. Fruit
Milk

Tuesday, January 31

Breakfast

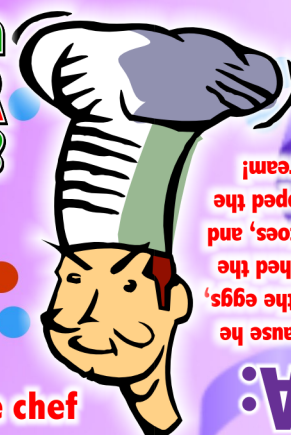
Grab & Go
Asst. Fruit &/or
Juice
Milk

Lunch

Mini Corn Dogs
Baked Beans
Asst. Fruit
Milk



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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html