

# Happy New Year!



**Conemaugh Township Elementary School**

This institution is an equal opportunity provider and employer.

## HERB/SPICE

### Cayenne

Cayenne peppers are the source of the familiar red pepper spice used around the world to flavor dishes. One ingredient in cayenne peppers (capsaicin) is a natural pain reliever, and the peppers also help prevent stomach ulcers, clear congestion, and boost immunity.



## OF THE MONTH

# Hey, You!

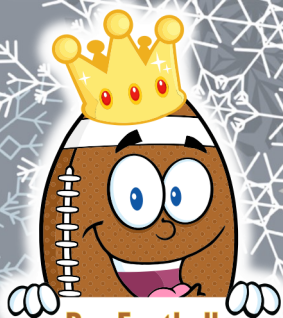
## Put that book down!

The American Academy of Pediatrics recommends that kids get up and do something else for 10 minutes every hour when they're reading to avoid eye, neck, and brain fatigue!

**January is National Book Month\***



\*Celebrated at different times by various organizations, so just read all year!



**Pro Football  
playoffs start  
January 13.  
What team will  
wear the crown?**

**Tuesday, January 2**

### Breakfast

Zucchini Bread  
Or  
Bacon, Egg & Cheese  
Croissant

### Lunch

Popcorn Chicken  
Or  
Popcorn Shrimp

French Fries  
Broccoli, Fruit

**Wednesday, January 3**

### Breakfast

Cinnamon Roll  
Or  
Flapstick

### Lunch

Cheeseburger  
Or  
Corn Dog

Pierogies  
Baked Beans  
Fruit

**Thursday, January 4**

### Breakfast

Churro  
Or  
Cheese Omelet & Biscuit

### Lunch

Hot Beef Sandwich  
Or  
BBQ Rib Sandwich

Mashed Potatoes  
Corn  
Fruit

**Friday, January 5**

### Breakfast

Mini Loaf  
Or  
Breakfast Pizza

### Lunch

Grilled Cheese Sandwich  
Or  
Fish Sticks

Tomato Soup  
Carrots / Celery  
Fruit

## Many Moons

*Native Americans had special names for every full moon of the year. One name for the January full moon is the "Moon when the Sun has not strength to thaw."*

**Monday, January 8**

### Breakfast

Mini Loaf  
Or  
Ham, Egg & Cheese Muffin

### Lunch

Crispy Chicken Sandwich  
Or  
Philly Steak Sandwich

Tater Tots  
Carrots  
Fruit

**Tuesday, January 9**

### Breakfast

Sausage & Eggs  
Or  
Fruit Frudel

### Lunch

Walking Taco  
Or  
Soft Shell Taco

Rice, Lettuce, Tomato  
Corn  
Fruit

**Wednesday, January 10**

### Breakfast

Scone  
Or  
Tornados

### Lunch

Spaghetti w/ Meat Sauce  
Or  
Deli Sandwich

Italian Bread  
Romaine Garden Salad  
Green Beans, Fruit

**Thursday, January 11**

### Breakfast

Assorted Muffin  
Or  
Hashbrowns & Sausage

### Lunch

Turkey Bacon Croissant  
Or  
Hot Ham & Cheese Pretzel

Chicken Noodle Soup  
Baked Beans, Sweet Potatoes  
Fruit

**Friday, January 12**

### Breakfast

Raspberry Turnover  
Or  
Breakfast Burrito

### Lunch

Pizza  
or  
Tuna Salad Wrap

Tossed Salad  
Baby Carrots w/ Dip  
Fruit

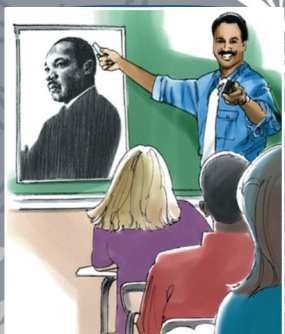
## GREAT STARTS.

A fast start is so important. And what better way to start the New Year than by starting each NEW DAY with a healthy, complete breakfast? You'll have more energy, be more alert, and feel full through the morning!



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





*School will be closed  
Monday, January 15  
in recognition of  
Martin Luther King, Jr.'s  
birthday.*

**Tuesday, January 16**

**Breakfast**

Waffles  
Or  
Scrambled Eggs & Sausage

**Lunch**

Meatball Sandwich  
Or  
Grilled Chicken Sandwich

Macaroni & Cheese  
Broccoli & Cauliflower  
Fruit

**Wednesday, January 17**

**Breakfast**

Breakfast Burrito  
Or  
Ultimate Breakfast Round

**Lunch**

Pierogie Pizza  
Or  
Hot Dog

Green Beans  
Carrots  
Fruit

**Thursday, January 18**

**Breakfast**

Mini Loaf  
Or  
Bacon, Egg & Cheese  
Croissant

**Lunch**

Oven Roasted Chicken  
Or  
Cheese Ravioli

Tossed Salad, Roll  
Green Bean, Fruit

**Friday, January 19**

**Breakfast**

Pancakes  
Or  
Breakfast Pizza

**Lunch**

Popcorn Chicken  
Or  
Egg Salad Croissant

Rice, Asian Vegetables  
Fruit



**Which of these prehistoric  
life forms is NOT extinct?**



STEGOMASTODON -- a six-ton elephant-like behemoth.  
MEGATHERIUM -- a four-ton giant ground sloth. And the  
AVOCADO?! The first two are extinct -- and the third probably  
should be. The avocado plant developed its large seed (it was  
even larger back then) because very big animals would eat the  
fruit whole in one gulp, seed and all, and help the plant spread  
to new areas. When most of the big mammals died off 10,000  
or more years ago, the avocado should have disappeared with  
them -- birds and tiny mammals can't begin to swallow and  
disperse a seed that big! But somehow the wild avocado  
survived thousands of years until humans learned to cultivate  
the delicious fruit. And the avocado's future survival was  
guaranteed when man discovered the Super Bowl and started  
cranking out lots of guacamole every winter!!

**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)**

**Monday, January 22**

**Breakfast**

French Toast Sticks  
Or  
Sausage, Egg & Cheese Pretzel

**Lunch**

Hamburger  
Or  
Chicken Fajita

Baked Beans  
Fries  
Fruit

**Tuesday, January 23**

**Breakfast**

Ham, Egg & Cheese Muffin  
Or  
Scone

**Lunch**

Italian Hoagie  
Or  
Pulled Pork Sandwich

Baby Carrots  
Tossed Salad  
Fruit

**Wednesday, January 24**

**Breakfast**

Donut Holes  
Or  
Cheese Omelet & Biscuit

**Lunch**

Chicken Bacon Flatbread  
Or  
Chicken Nuggets

Broccoli  
Tater Tots  
Fruit

**Thursday, January 25**

**Breakfast**

Cinnamon Roll  
Or  
Ham, Egg & Cheese Bagel

**Lunch**

Chicken over Biscuits  
Or  
Bologna & Cheese Sandwich

Mashed Potatoes  
Peas & Carrots  
Fruit, Pudding

**Friday, January 26**

**Breakfast**

Dutch Waffle  
Or  
Tornados

**Lunch**

Pizza  
Or  
Chicken Salad Wrap

Tossed Salad  
Mixed Vegetables  
Fruit

**Monday, January 29**

**Breakfast**

Donut  
Or  
Scrambled Eggs & Muffin

**Lunch**

Hot Dog  
Or  
Chicken Nachos

Broccoli w/ Cheese  
Carrots  
Fruit

**Tuesday, January 30**

**Breakfast**

French Toast  
Or  
Sausage & Hashbrowns

**Lunch**

Crispy Chicken Sandwich  
Or  
Chili w/ Roll

Potato Smiles  
Green Beans  
Fruit

**Wednesday, January 31**

**Breakfast**

Fruit Frudel  
Or  
Breakfast Sandwich

**Lunch**

Stromboli  
Or  
Breaded Cheese Sticks

Tossed Salad  
Mixed Vegetables  
Fruit

***The home stretch!***



**Just a few more  
months to go in  
the school year!  
YOU CAN DO IT!  
And we want to  
help! While you  
concentrate on  
the finish line,  
we'll keep you  
fueled up with  
tasty, nutritious  
food!**