

Happy New Year!



Conemaugh Middle / High 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!

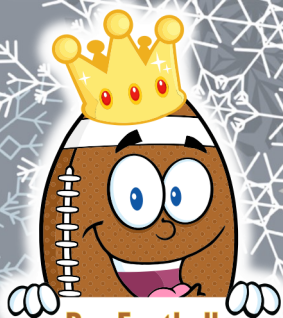
Put that book down!

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

Buttered Noodles, Carrots
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

Crispy Chicken Sandwich
Or
Buffalo Chicken Dip

Tater Tots
Carrots
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

Hot Beef Sandwich
Or
BBQ Rib Sandwich

Mashed Potatoes
Corn
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

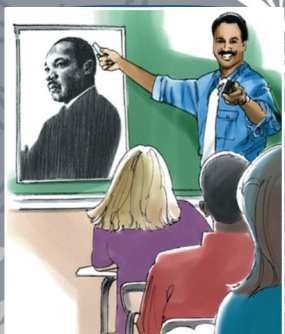
Tossed Salad
Baby Carrots w/ Dip
Fruit

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

Chicken Pasta Primavera
Or
Cheese Ravioli

Tossed Salad, Roll
Green Beans, Fruit

Friday, January 19

Breakfast

Pancakes
Or
Breakfast Pizza

Lunch

General Tso's Chicken
Or
Egg Salad Croissant

Rice, Asian Vegetables
Egg Roll, Fruit



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



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
Beef Vegetable Soup 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!**

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