

# Prince George's County Elementary Schools

USDA is an equal  
opportunity  
provider  
and employer.

## MENUS FOR JANUARY 2015

### Wednesday, January 7

#### Entrée Choices

- Hot Dog on Bun<sup>1</sup>
- Turkey Ham & Cheese Sandwich
- PB & J Sandwich & Cheese Stick+
- Chicken Salad Platter & Pretzel Rods

#### Sides

- Vegetarian Baked Beans
- Steamed Spinach
- Pineapple Tidbits

### Thursday, January 8

#### Entrée Choices

- Japanese Cherry Blossom Chicken & Steamed Rice
- Turkey & Cheese Sandwich
- PB & J Sandwich & Cheese Stick+
- Cheese & Veggie Salad Platter+ & Pretzel Rods

#### Sides

- Steamed California Blend Vegetables
- Steamed Green Peas

### Friday, January 9

#### Entrée Choices

- Fish Filet Sandwich
- Turkey Italian Cold Cut Sub
- PB & J Sandwich & Cheese Stick+
- Fiesta Chicken Salad Platter & Pretzel Rods

#### Sides

- Steamed Green Beans
- Carrot Sticks w/Dip
- Hot Cinnamon Apples

### Monday, January 5

#### Entrée Choices

- Chicken Nuggets
- Turkey Bacon Club Wrap
- PB & J Sandwich & Cheese Stick+

#### Sides

- Broccoli & Cheese
- Steamed Mixed Vegetables
- Applesauce

NO SALADS

### Tuesday, January 6

#### Entrée Choices

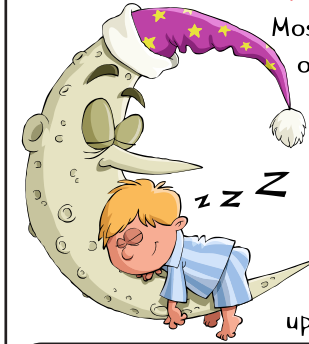
- Stuffed Crust Cheese Pizza+
- Chicken Salad Wrap
- PB & J Sandwich & Cheese Stick+

#### Sides

- Steamed Carrots
- Steamed Sweet Corn
- Tropical Fruit Salad

NO SALADS

# SWEET DREAMS.



Most adults need 7-8 hours of sleep a day, but infants need 16 and teens still need at least 9. If you don't get enough sleep several nights in a row, you'll have a "sleep debt" and need to catch up to perform at your best.

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

## Available Daily

- PB & J Sandwich and Cheese Stick+
  - Garden Salad w/Fresh Tomatoes offered w/Reduced Fat Dressing
  - Seasonal Fresh Fruit Bowl and Fruit Cup
  - 100% Fruit Juice is offered on Tuesday and Thursday
  - +Item is Meatless
  - \*Item Contains Pork
  - †Item Contains Beef
  - ‡Item Contains Turkey
- Full student lunch includes choice of entrée (meat or meat substitute w/grain item), up to two vegetables, one fruit, and choice of milk. Elementary students in grades 6-8 will be offered an additional grain with the cold Deli Sandwich

### Wednesday, January 14

#### Entrée Choices

- Tangerine Chicken & Steamed Rice
- Turkey Ham & Cheese Sandwich
- PB & J Sandwich & Cheese Stick+
- Tuna Salad Platter & Pretzel Rods

#### Sides

- Steamed Broccoli
- Celery & Carrot Sticks w/Dip

**DON'T GET!**  
Take at least **ONE** **FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!

## Finally, a New Year's resolution that's easy to keep!

The meals we serve at school offer all kids a convenient, economical, and healthy alternative for their school-day nutrition.



So why not resolve to take advantage of this great service every day? This New Year, do your kids -- and your family budget -- a favor. Encourage your kids to join us for breakfast and lunch at school every day!

Breakfast **\$1.50** Lunch **\$2.60**

Get in touch with us today to learn more about free and reduced-price meals in our district:  
**301-952-6517**

### Monday, January 12

#### Entrée Choices

- Turkey Lasagna Roll Up & Garlic Breadstick
- Turkey Bacon Club Wrap<sup>2</sup>
- PB & J Sandwich & Cheese Stick+
- Popcorn Chicken Salad Platter & Tortilla Chips

#### Sides

- Steamed Mixed Vegetables
- Fresh Broccoli & Cauliflower Florets w/Dip

### Tuesday, January 13

#### Entrée Choices

- Cheese Pizza+
- Tuna Salad Sandwich
- PB & J Sandwich & Cheese Stick+
- Chef Salad Platter<sup>2</sup> & Pretzel Rods

#### Sides

- Steamed Squash & Zucchini
- Steamed Sweet Corn
- Orange Smiles

### Thursday, January 15

#### Entrée Choices

- Soft Shell Taco<sup>1</sup>
- Turkey & Cheese Sandwich
- PB & J Sandwich & Cheese Stick+
- Cheese & Veggie Salad Platter+ & Pretzel Rods

#### Sides

- Tex Mex Black Beans+
- Steamed Carrots
- Mandarin Oranges

### Friday, January 16

#### Entrée Choices

- Fish Nuggets & Whole Wheat Roll
- Turkey Italian Cold Cut Sub
- PB & J Sandwich & Cheese Stick+
- Fiesta Chicken Salad Platter & Whole Wheat Roll

#### Sides

- Seasoned Potato Wedges

## Martin Luther King Jr's Birthday

January 19  
No School



Tuesday, January 20

### Entrée Choices

Mini Pizza Bagels+  
Chicken Salad Wrap  
PB & J Sandwich & Cheese Stick+  
Chef Salad Platter<sup>2</sup> & Pretzel Rods

### Sides

Cucumber & Tomato Salad  
Sweet Potato Fries  
Fresh Pear

## ANIMAL APPETITES

Food becomes more scarce for a lot of birds in winter, especially in areas prone to snow and ice. A bird feeder or two helps them survive and gives you plenty of entertainment, no matter what winter is like in your neck of the woods!



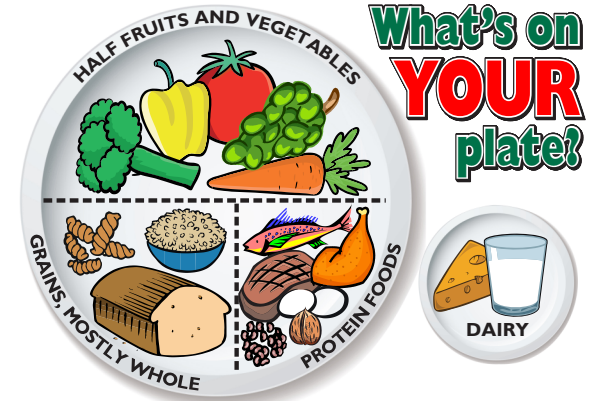
Wednesday, January 21

### Entrée Choices

Spaghetti & Meat Sauce<sup>1</sup> & Whole Wheat Roll  
Turkey Ham & Cheese Sandwich  
PB & J Sandwich & Cheese Stick+  
Chicken Salad Platter & Pretzel Rods

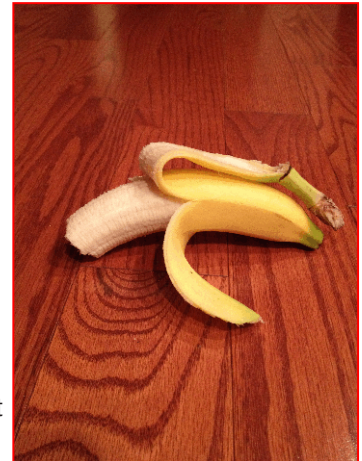
### Sides

Steamed Spinach  
Steamed Mixed Vegetables



# Leave it alone.

You've heard of the "5 second rule," right? Don't buy it. Believe it or not, germs don't observe a waiting period, so there is no "safe" amount of time for food to be on the floor. If you can't wash it off, don't put it back on your plate!



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)

Thursday, January 22

### Entrée Choices

Chicken Nuggets  
Turkey & Cheese Sandwich  
PB & J Sandwich & Cheese Stick+  
Cheese & Veggie Salad Platter+ & Pretzel Rods

### Sides

Steamed Green Beans  
Vegetarian Baked Beans  
Mandarin Oranges

Friday, January 23

### Entrée Choices

Eggo Pancakes+ & Pork Sausage\*  
Turkey Italian Cold Cut Sub  
PB & J Sandwich & Cheese Stick+  
Fiesta Chicken Salad Platter & Pretzel Rods

### Sides

Tater Tots  
Celery & Carrot Sticks w/Dip  
Hot Cinnamon Apples

Monday, January 26

GRADING/  
TEACHER  
PLANNING



No School Today

Tuesday, January 27

### Entrée Choices

Roasted BBQ Chicken & Whole Wheat Roll  
Tuna Salad Wrap  
PB & J Sandwich & Cheese Stick+  
Chef Salad Platter<sup>2</sup> & Pretzel Rods

### Sides

Steamed Broccoli & Cheese  
Steamed Sweet Corn  
Orange Smiles

Wednesday, January 28

### Entrée Choices

Turkey Corn Dog Nuggets  
Turkey Ham & Cheese Sandwich  
PB & J Sandwich & Cheese Stick+  
Tuna Salad Platter & Pretzel Rods

### Sides

Vegetarian Baked Beans  
Steamed California

## OUR NATION'S HISTORY



On January 31, 1865 – 150 years ago this month – Congress passed the 13th Amendment to the Constitution, outlawing slavery forever in the United States. The passage of the 13th Amendment culminated a great effort by President Abraham Lincoln and his cabinet and their allies in Congress and ended centuries of enslavement for millions of Africans and African-Americans in the U.S. A great retelling of the story of the 13th Amendment is the film "Lincoln," by director Steven Spielberg, with Daniel Day-Lewis (right) as President Lincoln.



WITH LIBERTY & JUSTICE FOR ALL

Thursday, January 29

### Entrée Choices

Café Burger<sup>1</sup>  
Turkey & Cheese Sandwich  
PB & J Sandwich & Cheese Stick+  
Cheese & Veggie Salad Platter+ & Pretzel Rods

### Sides

Crinkle Cut Fries  
Fresh Broccoli & Cauliflower Florets w/Dip  
Mandarin Oranges

Friday, January 30

### Entrée Choices

Chicken Patty Sandwich  
Turkey Italian Cold Cut Sub  
PB & J Sandwich & Cheese Stick+  
Fiesta Chicken Salad Platter & Pretzel Rods

### Sides

Steamed Peas & Carrots  
Seasoned Spinach  
Fresh Apple