



## Afterschool Supper Menu for All Schools (K-12)

January 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>HAPPY HALLOWEEN NEW YEAR</b></p>	<p>3 Spicy Chicken Taco Bowl w/ Romaine, Diced Tomato, Corn, &amp; Shredded Cheddar</p> <p>Served w/ Whole Grain Tortilla Chips &amp; Light Ranch Dressing</p> <p>100% Apple Juice 1% Milk</p>	<p>4 Mediterranean Turkey, Mozzarella, &amp; Spinach Whole Wheat Wrap w/ Light Basil Pesto Aioli</p> <p>Locally Grown Apple 1% Milk</p>	<p>5 Grilled Chicken Caesar Salad w/ Romaine, Parmesan Cheese, &amp; Croutons</p> <p>Served w/ Caesar Dressing &amp; Wheat Dinner Roll</p> <p>Chilled Peach Cup 1% Milk</p>	<p>6 Sweet &amp; Crunchy Chicken Salad Sandwich on Whole Wheat Bread w/ Romaine Lettuce</p> <p>Chilled Applesauce Cup 1% Milk</p>
<p>9 Southwestern Turkey &amp; Cheddar Whole Wheat Wrap w/ Romaine Lettuce &amp; Salsa</p> <p>Chilled Pineapple Cup 1% Milk</p>	<p>10 Mandarin Chicken Pasta Salad w/ Shredded Carrots, Red Cabbage, &amp; Mandarin Oranges</p> <p>Chilled Applesauce Cup 1% Milk</p>	<p>11 Turkey Ham &amp; Provolone Sandwich on a Whole Wheat Hoagie Roll w/ Romaine &amp; Tomato</p> <p>Mixed Berry 100% Juice 1% Milk</p>	<p>12 Grilled Chicken Pasta Salad w/ Whole Wheat Rotini, Broccoli, Carrots, Tomatoes, &amp; Light Italian Dressing</p> <p>Locally Grown Apple 1% Milk</p>	<p>13 Turkey Club Sandwich on Whole Wheat Bread w/ Oven Roasted Turkey, Turkey Bacon, Romaine, Tomato, &amp; Light Mayonnaise</p> <p>Fresh Banana 1% Milk</p>
<p>16 <b>Happy Martin Luther King Day!</b></p>	<p>17 Pesto Pasta Salad w/ Grilled Chicken, Tomatoes, Diced Zucchini, &amp; Mozzarella Cheese</p> <p>100% Orange Juice 1% Milk</p>	<p>18 Honey Mustard Turkey Ham &amp; Cheese Sandwich on Whole Wheat Bread w/ Romaine &amp; Tomato</p> <p>Chilled Peach Cup 1% Milk</p>	<p>19 Southwestern Chipotle Chicken Pasta Salad w/ Whole Wheat Rotini, Fresh Spinach, &amp; Diced Tomatoes</p> <p>Chilled Applesauce Cup 1% Milk</p>	<p>20 <b>Early Dismissal</b></p>
<p>23 Turkey &amp; Cheddar Sandwich on a Whole Wheat Hoagie Roll</p> <p>Fresh Baby Carrots w/ Light Ranch Dressing</p> <p>100% Apple Juice 1% Milk</p>	<p>24 Spicy Chicken Taco Bowl w/ Romaine, Diced Tomato, Corn, &amp; Shredded Cheddar</p> <p>Served w/ Whole Grain Tortilla Chips &amp; Light Ranch Dressing</p> <p>Chilled Peach Cup 1% Milk</p>	<p>25 Mediterranean Turkey, Mozzarella, &amp; Spinach Whole Wheat Wrap w/ Light Basil Pesto Aioli</p> <p>Chilled Applesauce Cup 1% Milk</p>	<p>26 Grilled Chicken Caesar Salad w/ Romaine, Parmesan Cheese, &amp; Croutons</p> <p>Served w/ Caesar Dressing &amp; Wheat Dinner Roll</p> <p>Fresh Pear 1% Milk</p>	<p>27 Sweet &amp; Crunchy Chicken Salad Sandwich on Whole Wheat Bread w/ Romaine Lettuce</p> <p>Locally Grown Apple 1% Milk</p>
<p>30 Southwestern Turkey &amp; Cheddar Whole Wheat Wrap w/ Romaine Lettuce &amp; Salsa</p> <p>Chilled Peach Cup 1% Milk</p>	<p>31 Mandarin Chicken Pasta Salad w/ Shredded Carrots, Red Cabbage, &amp; Mandarin Oranges</p> <p>Locally Grown Apple 1% Milk</p>	<p>Exercise is important to stay healthy and happy at any time of the year. Try these fun indoor activities to keep moving when it's cold outside:</p> <ul style="list-style-type: none"> <li>• Turn on some music and step, hop, or dance to it</li> <li>• Act out sport movements such as batting or dunking – everyone is skillful without the equipment!</li> <li>• Play “fitness with the leader”- like Simon Says but with exercises</li> <li>• Play “keep the balloon up!” – use 1-2 balloons for a small group of kids</li> </ul>		